

# super Food Ideas

**PARTY TIME!**

**10 COOL CAKES**

for children  
& grown-ups

**Hey presto!**

Stage a magic  
party for the kids

**coolest-ever  
rainbow cake**

**EASY DIY ICE-CREAM  
NO CHURN, NO FUSS!**

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**388**  
recipes & tips!

Plus...

**Meatball  
madness**

Get rolling  
with 10 top  
new ideas

**Crumbs!**

Invite your  
friends over  
for schnitzel



**CHARRED BEEF  
TACOS WITH  
SALSA**  
p38



**LAMB MEATBALL  
TAGINE** p61

**OPEN THE  
COVER TO  
REVEAL...**  
PAGE 18

**38 dinnertime ideas**  
kid-friendly sides & mains





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Sky high or laid bare. Drizzled in ganache or covered in sprinkles. We've taken the latest cakes and given them our signature touch.



### Kim says:

Our two cover recipes are made from layers of super-easy home-made ice-cream (jelly-flavoured for the kids,

chocolate for the adults) and are topped with lollies. Talk about eye candy!

RECIPES Kim Coverdale

PHOTOGRAPHY Guy Bailey

STYLING Kirsten Jenkins

FOOD PREP Claire Brookman

**IT'S A 2-FOR-1 SPECIAL!**





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*Don't forget!*  
OUR NOVEMBER 2015  
ISSUE HITS STANDS  
OCTOBER 8 (AUSTRALIA)

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Model tested: GR-D907SL. Based on internal test methods which measured 47% reduction in cold air loss when opening the Door-In-Door compared to the full door for 10 seconds. Results may vary by models and duration of door opening.



# LIFE OF THE PARTY

After a day toiling in the kitchen and the craft cupboard there's not much life left in me for the party. That's where *SFI* comes in



**I**t's officially party season! Who says? We do. Spring has sprung, the barbecue has been dusted off – as have the sparkly sandals – and there seems to be a kid's party every weekend. My littlest, Roo, is turning six next Sunday, in fact, and we're in the midst of planning the celebrations. This year, he wants a science-themed party. I tried

really hard to talk him into a magic party because there's one in this issue and it's amazing (p82).

(My plan was to keep as much as I could from the shoot so all the hard work would be done and I would look like the best mother ever!) But it's back to

the drawing board and the archive (September 2012 *SFI*) for science party recipes and ideas.

All those kids born in September grow up into adults, and they need to have parties, too! How about a schnitzel-fest (p68)? Our dinner party menu has two kinds of schnitty, two different sauces, three traditional sides, oversized pretzels and a cuckoo clock! And with our forward-thinking time plan, you can get out of the kitchen and join the fun. Hopefully, I'll be able to pull a rabbit out of a hat for Roo's party, too, even without the magic theme.

*Rebecca*

REBECCA COX, EDITOR

**"SOMETIMES LESS IS BEST AS THIS NAKED CAKE SHOWS"**



## We're excited about:

**#1 ON-TREND CAKES** A naked one, a funfetti one, an OTT one, and one that takes its visual cues from Insta-star Katherine Sabbath, p30.

**#2 SILVERBEET SIDES** Kim has taken this overlooked veggie and really given it a new lease on life. The spanakopita-inspired one is my fave, p51.

**#3 MEATBALL MADNESS** Coming up with new ideas for this family classic got our brains working – meet the Cheeseburger Meatball, p58.

## TWICE AS NICE

**+** It's double-cover time again and we've come up with the best one yet (or do we think that every year?).

**+** Inspired by the work of Katherine Sabbath (google and prepare to be stunned), our rainbow ice-cream cake is made by beating condensed milk, jelly crystals and cream, and then freezing. It can be easily customised, too.

**+** The grown-up version ditches the jelly for layers flavoured with chocolate, nuts, and booze. Hic!



**DOUBLE THE LOVE:** OUR TWO COVERS MIGHT LOOK LIKE A WORK OF COOKING ARTISTRY, BUT YOU DON'T NEED TO BE AN EXPERT TO MAKE THEM!

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We thought we'd make it official! Look out for our new Tested and Trusted logo on features. They're tested by us, so you can trust our recipes work.



*get in touch*



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*IMAGINATION DRIVES US*



**"THIS RECIPE IS IN MY  
'KEEPERS' FOLDER!"**



## @ Finders keepers

With two teenagers in the house, I am constantly searching for new ideas to put on the table each night. The Roasted Vegetable Tart with Sesame Sprinkle (August, p51) jumped straight out at me – it looked so colourful and tasty, and I couldn't wait to try it! It was clearly a hit with the family, too, because the whole tart was eaten that night! I've now put the recipe into my special folder of 'keepers' to be made again! Thanks for providing so many delicious dishes the average family can afford and for including ingredients that are often found in the pantry. Love your magazine!  
*Selena Lindemann, via email*

## @ FAVOURITE FLAVOUR

I absolutely love the creole feature from the August issue. I've already made the Creole Seasoning (p74) twice and love using it as a spice rub. The Creole Potato Salad (p79) is just so full of flavour and one of the best potato salads I've had – I can't get enough of it! *Louis Green, via email*

# your food ideas

Like something? Hate something?  
Cooked something? Took a picture of it?  
We love all your feedback!



VEGAN CHOCOLATE  
CAKE (P88),  
AUGUST 2015

## @ My little secret

Thanks for the Vegan Chocolate Cake (p88) in the August issue. I am dairy free so loved this alternative. I made it for a dinner party and no-one noticed the difference until I told them at the end! I love going through each issue and picking out recipes for the week! *Gabby Carlson, via email*

*get in  
touch*



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## Did you miss any of these recipes?



Whether it was the Easy Butter Chicken Rice Pie from July 2013 or the Choc-chip Banana Bread from February 2014, everyone has a favourite *Super Food Ideas* recipe. And now it's easy to download past issues and relive your favourite meals.

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# tips and tricks from the TEST KITCHEN



**Kim says:** Follow our tips to become a cake queen, have a snoop at what goes into a shoot and master perfect piping

## TOP TIPS

We're known for our impressive cakes, and if you follow our tips and tricks, you will be, too!

✦ **We always soften our butter at room temperature.**

**WHY** Microwaving butter changes its consistency so you won't achieve a light and fluffy texture when you cream it with sugar and your cake will suffer the consequences.

✦ **We use gel food colourings.**

**WHY** Gel food colouring is more concentrated, so it gives a more intense colour when added to cake batter or buttercream.

✦ **We line our pans with more than one layer of baking paper.**

**WHY** It prevents cakes, especially those cooked for longer, such as mud cakes, from over-browning or forming a hard crust.

✦ **We turn our cakes top side-up onto wire racks.**

**WHY** It keeps rounded cakes... round... and doesn't leave wire rack marks on top.

✦ **And yes, we like to lick the beaters, too!**

CHECK OUT KIM'S AMAZING  
CAKES STARTING ON P25



## BEHIND THE SCENES



**1** Our deputy food editor, Claire, made batch after batch of chocolate shards to find the perfect pieces for our two cover recipes. We thoroughly enjoyed eating all the leftovers!



**2** It's the great cake debate! The test kitchen was full of all different types of cakes leading up to our amazing cakes shoot. Our food team tested every one of them for flavour, texture and visual appeal.



**3** As our amazing on-trend cakes are so eye-catching all on their own, we kept the styling simple. To set the scene, our stylist, Kristen, picked out paper garlands, paper cut-outs, ribbon and tissue paper balls.



**4** How gorgeous is the pattern on this paper cut-out background? You can find similar ones online or even make it yourself!



**5** Want your ganache to drizzle just like ours? Make sure you don't overheat the mixture, as you might burn the chocolate, and try not to overstir as this will cause a grainy texture.

*The finishing touch!* Follow these helpful hints to put the icing on the cake with ease

### Technique: Stars

Piping stars is a surprisingly easy way of icing a cake. Hold the piping bag at a 90° angle, squeeze, then release pressure before pulling away to ensure your stars have straight points.



### Technique: Petals

Create this new look by piping a dot of icing onto the cake and gently dragging it sideways to form a teardrop. Continue in a single column, slightly overlapping, until the cake is covered.



### Technique: Ribbons

A time-consuming technique but worth the wait! Start at the bottom of the cake with the piping bag pointed down. Pipe icing in a back and forth motion, layering, to create a ribbon effect.







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# OUR RECIPES...

Along with lots of party ideas, and amazing on-trend cakes, we've packed this issue with easy school-night dinners, meatball makeovers and silverbeet sides

## SIDES, STARTERS, SALADS & SNACKS



Asparagus, Carrot and Baby Kale Slaw



Baked Creamed Silverbeet



Cheeseburger Meatballs



Chicken and Bacon Ranch Meatballs



Creamy German-style Potato Salad



Crunchy Silverbeet Slaw



Hey Presto Pies



Hocus Pocus Sausage Rolls



Magic Dice Sandwiches



Mini Portuguese Meatballs with Spicy Apple Dipping Sauce



Pork, Chive and Spinach Moon Dumplings



Pretzels with Roasted Garlic and Mustard Butter



Prosperity Salad



Silverbeet and Potato Gratin



'Spanakopita' Risoni



Stir-fried Sticky Teriyaki Silverbeet



Sweet and Sour Braised Cabbage



Tandoori Lamb Meatballs with Minted Yoghurt

## SOMETHING EXTRA



Veal, Sun-dried Tomato and Pine Nut Meatballs



Colour-changing Drink



Herb Mayonnaise



Jaeger Sauce



Fish Cooked in Yoghurt with Crispy Onion Topping



Spiced Fish Kebabs with Pearl Couscous Salad

## FISH & SEAFOOD

## CHICKEN



Bang Bang Chicken and Noodles



Chicken and Apple Strata



Chicken and Haloumi Bake with Potato Wedges



Easy Chicken Parmigiana



Schnitzel Platter



Masala Egg Curry

## VEGETARIAN



## BEEF, PORK & LAMB



Charred Beef Tacos with Tomato Radish Salsa **38**



Chilled Soba Noodle Salad with Sesame Beef **43**

## COVER RECIPES

*Get snap-ready because these cakes are Insta-worthy!*

Rainbow Ice-cream and Jelly Cake, and Chocolate Indulgence Ice-cream Cake



**16**



**18**



Lamb Meatball Saganaki **60**



Lamb Meatball Tagine **60**



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Funfetti Cake with Marshmallow Frosting **26**



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Naked Lemon Meringue Cake with Lemon Syrup **28**



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Show-stopping Black Forest Cake **75**



Stack-it-high Neapolitan Cake **32**



Upside-down Banana-maple Custard Cake **96**



# Healthy kitchen



**Claire says:** Fibre up with great-tasting dishes full of vegetables, legumes, wholegrains, and nuts and seeds to help you meet your daily dose. Try these four recipes, plus a new way with quinoa



**PROSPERITY SALAD**

pg 78



**CRUNCHY SILVERBEET SLAW**

pg 54



**SPICED LAMB SKEWERS WITH BEETROOT HUMMUS**

pg 67



**STICKY CHINESE PORK STIR-FRY**

pg 37

## Fibre facts

High-fibre foods take me back to bowls of high-bran cereals, brown rice and overcooked cauliflower of my childhood. Somehow, I managed to eat them. But there are actually lots of sources of fibre, and delicious ways to enjoy them - think unpeeled fruit and vegetables, nuts and seeds, and legumes, to name a few. These four meals are high in fibre and a long way from the 'good for you' versions we used to eat.



**SUPER SILVERBEET** A US study rated over 40 fruits and vegetables according to their nutrient density score and silverbeet came in at number three. To make the cut, the produce had to provide 10 per cent more on average of the recommended daily intake of 17 nutrients per 100 calories. Move over, kale!

## Recipe know-how:

- + We use Australian standard measures.
- + In liquid measures, 250ml = 1 cup.
- + Dry ingredients are measured in level 1 cup, ½ cup, ⅓ cup and ¼ cup measures.
- + 1 tablespoon = 20ml (note NZ, US and UK tablespoon = 15ml).
- + 1 teaspoon = 5ml.
- + We use 59g to 60g eggs.
- + We use 1100 watt microwaves, unless otherwise specified.

## Nutrition know-how:

- + **HEART-FRIENDLY:** Low saturated fat, high fibre, lower sodium with heart-friendly foods. Desserts that are based on low-fat dairy without fruit/grain ingredients don't need to be high fibre.
- + **DIABETES-FRIENDLY:** Low saturated fat, high fibre, lower sodium with lower GI carbs.
- + **HEALTHY:** Low saturated fat, less than 3000kJ and 800mg sodium per main meal.
- + **VEGETARIAN:** No meat, fish or poultry but may contain eggs and/or dairy.

|                | LOW KILJOULE | LOW FAT | LOW SAT FAT | HIGH FIBRE | LOWER SODIUM    |
|----------------|--------------|---------|-------------|------------|-----------------|
| Main meal      | <2000kJ      | <15g    | <6g         | >5g        | <600mg          |
| Meal component | <1000kJ      | <8g     | <3g         | >3g        | <300mg per 100g |
| Light meal     | <1500kJ      | <10g    | <4g         | >4g        | <400mg          |
| Snack/dessert  | <600kJ       | <5g     | <2g         | >3g        | <200mg          |

- + **GLUTEN-FREE:** No gluten-containing ingredients (ie wheat, rye, barley, oats or derivatives).
- + **HIGH IN CALCIUM:** At least 200mg of calcium per serve from lower-fat dairy products and/or canned fish with bones.
- + **LOWER GI:** Low saturated fat with at least 10g carb per serve from lower GI carbs.
- + **CONTAINS OMEGA-3:** Contains at least 115g raw or 95g canned oily fish per serve or at least 100g raw oysters, mussels, scallops or squid/calamari per serve.

**Tags:** Look out for THE INFO on recipes to find nutrition info.

## THE INFO

+ LOW SODIUM  
+ HIGH FIBRE

## Keep 'em keen

Did you know that quinoa contains twice as much fibre as brown rice? It also packs a protein punch, so it's perfect for breakfast. I have it toasted and sprinkled over fruit and yoghurt. Here's my recipe for a delicious and nourishing way to rise and shine.

## SWEET-SPICED QUINOA CRUNCH SPRINKLE

For a crunchy breakfast mix: Heat **1 teaspoon coconut oil** in a non-stick frying pan over medium heat. Add **¼ cup white quinoa**, rinsed and dried in a clean, dry tea towel. Cook, stirring constantly, for 2 to 3 minutes or until golden and starting to pop. Remove from heat. Stir in **½ teaspoon mixed spice**. Add to fruit and yoghurt.

## To serve and protect

Our 'to serve' suggestions are based on the following amounts for four people.

**RICE** = 4 cups cooked rice

**PASTA** = 375g uncooked dried pasta

**COUSCOUS** = 3 cups cooked couscous made with water

**MASHED POTATO** = 800g peeled and boiled desiree potatoes, 20g butter and 2 tablespoons full-fat milk

**BREAD** = 4 x 50g slices crusty white bread or 4 x 70g slices sourdough bread

**PARMESAN CHEESE** = ⅓ cup finely grated

**SALAD LEAVES, BABY ROCKET OR BABY SPINACH** = 80g

**SOUR CREAM** = ⅓ cup

**LEMON OR LIME WEDGES** = 1, cut into wedges

**TOMATO SAUCE, BARBECUE SAUCE OR SWEET CHILLI SAUCE** = ⅓ cup

**GRAVY** = 1 cup instant gravy

**PLAIN GREEK-STYLE YOGHURT** = ⅓ cup

**DOUBLE CREAM** = ⅓ cup

**WHIPPED CREAM** = ½ cup pure cream, whipped

**CUSTARD** = 1 cup

**CHOCOLATE CURLS OR GRATED CHOCOLATE** = 40g

**ICE-CREAM** = 4 x 45g scoops vanilla ice-cream

Email questions about our recipes to [superfoodideas@news.com.au](mailto:superfoodideas@news.com.au)



BANANA

WATERCRESS

LEBANESE  
ZUCCHINI

ZUCCHINI

JALAPEÑO  
CHILLIHABANERO  
CHILLIBIRD'S EYE  
CHILLICAYENNE  
CHILLI

POMELO

# In Season THIS MONTH'S BEST

**Banana** Did you know 100 billion bananas are consumed annually worldwide? For eating, the skins of this popular fruit should be shiny and free of any dark marks, but for cooking they should be dark and soft. Ripen bananas at room temperature.

**PERFECT PARTNERS** Coconut, chocolate, caramel, vanilla, ice-cream, honey, cinnamon.  
**QUICK IDEA** Fry halved bananas in butter. Serve with ice-cream, melted chocolate and a dusting of cinnamon sugar.

**Watercress** With a crisp, peppery flavour, watercress is ideal in salads, and it's an excellent source of vitamins C and K, which are important for healthy blood vessels, so it's good for you, too!

**PERFECT PARTNERS** Smoked salmon, beef, goat's cheese, lamb, tomato, orange, fennel.  
**QUICK IDEA** Toss watercress in lemon juice and olive oil. Place on toasted sourdough and top with smoked salmon and poached egg.

**Zucchini** The perfect vegetable to grate and hide in dishes without kids suspecting a thing, zucchini can be added to muffins, pies, cakes, bolognese sauce, potato cakes and fritters.

**PERFECT PARTNERS** Lemon, basil, chicken, fish, cream, extra virgin olive oil, mint, fetta.

**QUICK IDEA** Grill sliced zucchini and haloumi, then toss with cherry tomatoes, rocket, celery, walnuts and fetta. Drizzle with a lemon and oregano dressing.

**Chilli** When it comes to chillies, size really does matter (the smaller they are, the hotter)! Used in cuisines the world over, from Mexico through South-East Asia to Europe, nothing spices up a dish like chilli.

**PERFECT PARTNERS** Meat, seafood, lime, tomato-based sauces, and even chocolate!  
**QUICK IDEA** Stir-fry chopped chilli, garlic, green onion and ginger until crispy. Sprinkle over stir-fries and soups.

**Pomelo** A hybrid of grapefruit and orange, pomelos have a sweeter flavour than grapefruit but can be used in much the same way. Use the flesh in Asian salads or on your muesli for breakfast.

**PERFECT PARTNERS** Chilli, salmon, fish sauce, prawns, mint, coriander.

**QUICK IDEA** Juice a pomelo and add to a glass with vodka, grated palm sugar, soda water, ice and kaffir lime leaves. ■

# CELEBRATE!



**Kim says:** Towering layers of ice-cream, with scattered sweets and shards of chocolate, the new 'it' cake is anything but conventional – and we have two options for you to choose

## RAINBOW ICE-CREAM AND JELLY CAKE

**SERVES** 24

**PREP** 1 HOUR (PLUS COOLING AND FREEZING)

**COOK** 35 MINUTES

*YOU'LL NEED TO START THIS RECIPE THE DAY BEFORE.*

**440g packet golden buttercake cake mix**

**2 x 395g cans sweetened condensed milk**

**1.5 litres thickened cream**

**85g packet lime jelly crystals**

**85g packet berry blue jelly crystals**

**85g packet strawberry jelly crystals**

**85g packet lemon jelly crystals**

**Chocolate mint balls, large marshmallow puffs and coloured sprinkles, to decorate**

### Chocolate Shards

**375g packet white chocolate melts**

**Green, blue, pink and yellow gel food colourings**

**Assorted sprinkles, to decorate**

**1** Preheat oven to 180°C/160°C fan-forced. Grease a 6cm-deep, 22cm square cake pan. Line base and sides with 2 layers of baking paper. Grease a 6cm-deep, 22cm round (base) springform pan. Line base with baking paper. Line sides with 3 layers of baking paper, extending paper 8cm above edge of pan (see Kim's tips).

**2** Prepare cake mix following packet directions (reserve icing sachet for another use). Pour into prepared square pan. Bake for 30 minutes or until a skewer inserted into the centre of cake comes out clean. Stand in pan for 10 minutes. Turn onto a wire rack to cool completely.

**3** Using a serrated knife, trim cake to 1½cm high. Using the base of the springform pan as a guide and a small sharp knife, cut around pan to form a circle of cake. Place into base of prepared round pan. Fill any small gaps with cake trimmings. Discard remaining cake trimmings.

**4** Using an electric mixer, beat ½ cup sweetened condensed milk, 1½ cups thickened cream and lime jelly crystals until just-firm peaks form. Spoon mixture into prepared pan over cake base, levelling top with a spatula. Tap gently on bench to remove any air bubbles. Freeze for 2 hours or until just firm.

**5** Repeat process with ½ cup remaining condensed milk, 1½ cups remaining cream and berry blue jelly crystals. Pour over top of frozen lime ice-cream in pan. Freeze for 2 hours. Repeat with remaining condensed milk, cream, and strawberry and lemon jelly crystals to make 2 more layers. Cover surface with plastic wrap. Freeze overnight.

**6 Make Chocolate Shards** Line 4 baking trays with baking paper. Place ¼ of the chocolate melts in a microwave-safe bowl. Microwave on MEDIUM (50%), stirring with a metal spoon halfway through, for 1 minute or until melted. Tint green with food colouring. Spoon onto 1 prepared baking tray and spread until 2mm thick. Decorate with sprinkles. Repeat process with remaining chocolate, food colouring and sprinkles to make a total of 4 coloured chocolate sheets. Stand for 20 minutes or until set. Roughly cut into large shards (see Kim's tips).

**7** Carefully remove ice-cream cake from pan. Transfer to a serving plate. Push chocolate shards into top of cake and decorate with chocolate mint balls, marshmallows and sprinkles. Serve immediately. ➤

### Kim says:

+ Lining the pan with 3 layers of baking paper helps support the ice-cream cake while freezing. The cake will be 12cm to 13cm in height so you may need to remove a shelf in your freezer to accommodate the height of the cake.

+ You will have leftover chocolate shards. Serve them with slices of the cake so everyone can have a bit.





RAINBOW ICE-CREAM  
AND JELLY CAKE

### THE INFO

+ FREEZER  
+ KID FRIENDLY  
+ SPECIAL OCCASION

**\$1.01**  
PER SERVE

## CHOCOLATE INDULGENCE ICE-CREAM CAKE

**SERVES** 24

**PREP** 1 HOUR (PLUS COOLING  
AND OVERNIGHT FREEZING)

**COOK** 35 MINUTES

*YOU'LL NEED TO START THIS RECIPE  
THE DAY BEFORE.*

**440g packet classic chocolate cake mix**  
**2 x 395g cans sweetened condensed milk**  
**1.5 litres thickened cream (see Kim's tips)**  
**180g block dark chocolate, melted, cooled**  
**2 tablespoons coffee-flavoured liqueur**  
**2 tablespoons hazelnut-flavoured liqueur**  
**200g block milk chocolate, melted, cooled**  
**300g jar salted caramel dessert sauce**  
**(see Kim's tips)**  
**1 teaspoon vanilla extract**  
**2 x 68.5g packets Oreo cookies, chopped**  
**Maltesers, large marshmallow puffs and**  
**sprinkles, to serve**

### Hazelnut Praline

**1 cup caster sugar**

**120g packet skinless hazelnuts, toasted**

### Chocolate Shards

**375g packet milk chocolate melts**

**Assorted sprinkles, to decorate**

**1** Preheat oven to 180°C/160°C fan-forced. Grease a 6cm-deep, 22cm square cake pan. Line base and sides with 2 layers of baking paper. Grease a 6cm-deep, 22cm round (base) springform pan. Line base with baking paper. Line sides with 3 layers of baking paper, extending paper 8cm above edge of pan (see Kim's tips).  
**2** Prepare cake mix following packet directions (reserve icing sachet for another use). Pour into prepared square pan. Bake for 30 minutes or until a skewer inserted into the centre of cake comes out clean. Stand in pan for 10 minutes. Turn onto a wire rack to cool completely.  
**3** Using a serrated knife, trim cake to 1½cm high. Using the base of the springform pan as a guide and a small

sharp knife, cut around pan to form a circle of cake. Place into base of prepared round pan. Fill any small gaps with cake trimmings. Discard remaining cake trimmings.

**4** Using an electric mixer, beat ½ cup condensed milk, 1½ cups thickened cream, melted dark chocolate and coffee liqueur until just-firm peaks form, being careful not to overbeat. Spoon into prepared pan over cake base, levelling top with a spatula. Tap gently on bench to remove any air bubbles. Freeze for 2 hours or until just firm.

**5** Using an electric mixer, beat ½ cup remaining condensed milk, 1½ cups remaining thickened cream and hazelnut liqueur until just-firm peaks form. Gradually add cream mixture to melted milk chocolate, folding until just combined. (see Kim's tips). Spoon over dark chocolate layer in pan, levelling top with a spatula. Tap gently on bench to remove air bubbles. Freeze for 2 hours or until just firm.

**6** Using an electric mixer, beat ½ cup remaining condensed milk, 1½ cups remaining thickened cream and caramel sauce until just-firm peaks form. Spoon over milk chocolate layer in pan, levelling top with a spatula. Tap gently on bench to remove any air bubbles. Freeze for 2 hours or until just firm.

**7** Using an electric mixer, beat ½ cup remaining condensed milk, 1½ cups remaining thickened cream and vanilla until just-firm peaks form. Fold in Oreo. Spoon mixture over caramel layer in pan, levelling top with a spatula. Tap gently on bench to remove any air bubbles. Cover. Freeze overnight.

### 8 Meanwhile make Hazelnut Praline

Place sugar and 1 cup water in a heavy-based saucepan over medium heat. Cook, stirring, until sugar is dissolved. Bring to the boil. Boil, without stirring, for 8 to 10 minutes or until mixture becomes golden

in colour, brushing down side of pan with cold water if sugar crystals start to form. Remove from heat. Stand for 1 minute or until slightly thickened. Using a fork and working quickly, dip hazelnuts one by one into the toffee to coat, allowing excess to drain off. Place on a baking tray lined with baking paper. Stand for 20 minutes or until set. Roughly chop half the hazelnuts. Keep remaining hazelnuts whole.

**9 Make Chocolate Shards** Line a baking tray with baking paper. Place chocolate melts in a microwave-safe bowl. Microwave on MEDIUM (50%), stirring with a metal spoon halfway through, for 2 minutes or until melted. Spoon onto prepared tray and spread until 2mm thick. Decorate with sprinkles. Stand for 20 minutes or until set. Roughly cut into large shards.

**10** Carefully remove ice-cream cake from pan. Place on a serving plate. Push chocolate shards into top of cake. Decorate cake with Maltesers, marshmallows, whole and chopped hazelnut praline and sprinkles. Serve immediately. ■

## Kim says:

+ Remove the cream from the fridge 30 minutes before using. If the cream is too cold, it may cause the chocolate to set during beating.

+ We used Woolworths Gold brand of salted caramel sauce.

+ Lining the pan with 3 layers of baking paper helps support the ice-cream cake while freezing. The cake will be 12cm to 13cm in height so you may need to remove a shelf in your freezer to accommodate the height of the cake.

+ Milk chocolate has a higher fat content than dark chocolate so fold the cream, rather than beat, to prevent the mixture from splitting.





CHOCOLATE  
INDULGENCE  
ICE-CREAM CAKE

### THE INFO

+ FREEZER  
+ SPECIAL OCCASION

**\$1.75**  
PER SERVE

# smart SHOPPER

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## Penny-pinching parties

Like in all areas of life it helps to start with a budget, but with a little planning and creativity, you can still host a kids' party that will impress!

### 1 PARTY PLANNER

Find out if your child's friends have a birthday around the same time and have a joint party. Not only will you share costs, but also the preparation and running around. Pick a theme early to give yourself enough time to shop around for the best discounts.

### 2 FOOD FOR THOUGHT

Host your party in the morning or afternoon, so you're only supplying snacks instead of a meal. Choose party food that is wallet friendly, such as fairy bread and cheese sandwiches, and remember, when it comes to party bags, kids are easily wooed so keep it simple!

### 3 OLD SCHOOL, STILL COOL

The key to a good party is lots of games. Pass the parcel and eat the doughnut off a string don't cost much to put on and are still a favourite to this day! Another idea is to host a mini Olympics or create your own playland using sports equipment and cardboard boxes.

### 4 COST TO HOST

Kids activity centres are great at reducing the amount you have to organise (and your stress) but this often comes at a price. Usually, a minimum number of guests are required and with prices ranging from \$15 to \$40 per child it can quickly add up. If you can, choose a weekday after school when prices are a little less.

### 5 EASY ENTERTAINING

If the idea of trying to amuse the kids at home is daunting, head to your local park. There are often picnic areas you can reserve for free and play equipment to keep the littlies entertained.

### 6 SET THE MOOD

Avoid party shops and instead head to a \$2 shop to find party decorations and prizes. If you're having a theme, look online for free downloads as licensed characters on products can be quite expensive. Or compromise and instead of a life-size Dora piñata, stick with Dora invitations and party bags.

To help keep the costs down at your littlies next birthday party we asked our Facebook friends for their tips and tricks

✦ "The first step to a good party is to remember that it's about having fun and not competing with anyone else's child or party!" **Tania Turtur**

✦ "If you want entertainment, see if any teens you know will help out. I'm sure they'll be thrilled with a few extra dollars for an hour or so."

**Rachael Fooks Cohen**

✦ "I spend around six months prepping, gathering ideas and then finding inexpensive ways to implement them - Pinterest is the best for this!"

**Bec Goodwin-Parry**

✦ "Don't have big parties every year! One year we have a low-key family oriented party and the next year they can have friends over."

**Frances Poff**

✦ "I think sleepovers are great. You can start the party after dinner, so you only need a few snacks, and we make the cake for breakfast. This year, it was a stack of pancakes with all the toppings and the kids thought it was awesome - we even cut it like a cake!"

**Heidi Maiwald**



Ella Walsh,  
Managing Editor at  
kidspot.com.au

### Expert advice:

"Enlist your kids' help to make homemade party invitations, party bags and decorations - not only will this save you money, but you'll add a lovely personal touch to the party that your guests will remember for years to come."



# SUPER SHELF

Check out these great products in shops and supermarkets



## Slice as nice!

The Steggles Just Eat It range, \$5.99, is so convenient. With both oven-roasted chicken and turkey breast sliced and ready to use, you can 'just eat it' straight from the pack as a snack or use it in a salad or wrap. They're also great added to an omelette or a pizza topping. Available at Woolworths in the dairy aisle.



## Well kept

Save your fresh goods from ending up in the bin with OXO's new Greensaver range, starting at \$24.95. Each produce keeper has an active carbon filter on top to control humidity and a basket inside to promote airflow and stop moisture building up. Find them at Howard's Storage World.



## Some like it hot

S&B Wasabi Paste, \$3.18, comes in an easy-to-use handy-sized squeeze tube. It's the perfect accompaniment to add a bit of zing to steaks, mayo, dips and salad dressings – as well as traditional sushi and sashimi. If you like it hot, look for it at Coles and Woolworths.



## Instant success

Indomie Mi Goreng Instant Noodles, \$3.25 for a pack of 5, are quick and easy to prepare, and with five seasoning sachets in each pack they have an intense authentic taste. Available in a variety of flavours – including BBQ Chicken, Satay and Hot & Spicy – you'll find them at Coles and Woolworths.



## Smooth stuff

Produced from high-quality grated coconut flesh, TCC Coconut Milk, \$1.71, is an essential ingredient in many Asian cuisines. It helps to give your dishes a smoother, velvety texture and adds a rich coconut flavour. Also available in a light version, you can find TCC Coconut Milk at Coles and Woolworths.



## Hot spot

Tefal non-stick titanium cookware takes away the guesswork when it's time to add ingredients. The Thermo-Spot is Tefal's innovative heat indicator that changes colour when your pan is ready to start cooking – too easy! Visit [tefal.com.au](http://tefal.com.au) for more information.



## It's Poppin' time

For a hot snack that's ready in a flash, try Poppin' Microwave Popcorn – it takes just minutes to enjoy freshly popped buttery popcorn at home. Perfect for kids' parties or munching on in front of the TV, find the popcorn, and the Triple Butter flavour, in the chip aisle of Coles and Woolworths.



## Keep it neat

The modern kitchen is designed with fabulous deep drawers, but that also means they can quickly become a jumble inside! The new Like-It modular organisers, starting at \$9.95, are a great solution for sorting it all out! These stackable, handy helpers can be found at Howard's Storage World.



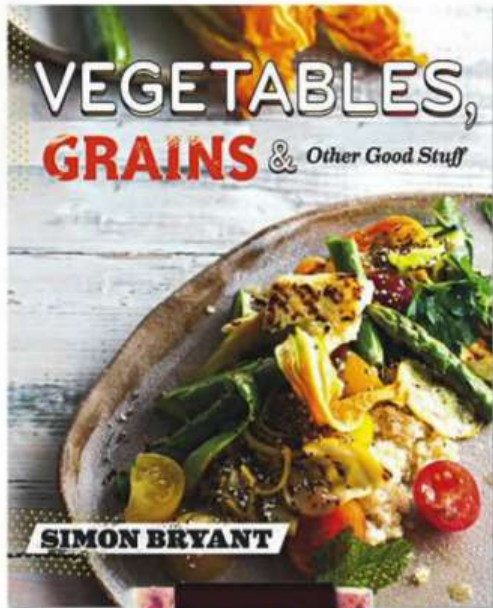
## To your health

Packed with up-to-date information that aims to improve the health and wellbeing of women of all ages, the 2016 Australian Women's Health Diary, \$16.95, raises funds to support breast cancer research. It's available at Woolworths, newsagents and Commonwealth Bank branches.

# SUPER SPY

The latest on what the team's eating, buying and loving this month

1



2



## 1 The good stuff

Divided by the seasons, and with influences from every corner of the globe, **Vegetables, Grains & Other Good Stuff** (\$39.99, Lantern) by Simon Bryant, the chef from TV's *The Cook and the Chef*, is filled with recipes that celebrate vegies, grains and pulses. Every dish will have you feeling and looking great in no time!

## 2 Sugar, sugar

From Sri Lankan rapadura to Colombian panela, **Sugars of the World**, \$4.99 for 250g, includes seven different sugars from around the globe that can add an exciting twist to your morning porridge, baked goods or next cup of tea! We love the butterscotch flavour of the Indonesian Coconut Blossom Sugar. Find it in supermarkets.

## 3 Unwrap it

Did you know food wrappers are one of the top three sources of rubbish polluting our oceans? To help reduce this amount, throughout October, **Nude Food Day** is encouraging kids to bring their food to school nude! Use a lunch box with separate sections, reusable containers and metal drink bottles. Visit [www.nudefoodday.com.au](http://www.nudefoodday.com.au) for more information.

## 4 Loco for coco

Ooh la la – chocolate just got a little bit fancier! **Naked Truth** is made from premium ingredients and features chocolate flavours such as lemon coconut cream pie white choc, and white chocolate with raspberry and balsamic. Priced from \$2 to \$5, find the range – which also includes lollies – at Coles.

## 5 Trolley trends

We've been toting these reusable **Trolley Bags**, \$34.95 for four, during our grocery shop. Not only are they better for the environment but they make packing a breeze (especially if you're an Aldi shopper!). The bags stand upright on their own and are made from super-sturdy material. Order your set from [packingsorted.com.au](http://packingsorted.com.au).

## 6 Quite the character

For an easy kids' party idea, try the new **Individual Character Slow Pops**, \$9.95 each, from Zoku. There are eight characters to choose from and the pops come with a built-in drip guard so there are no sticky fingers. Plus, you can freeze just about anything from fruit juice to yoghurt to chocolate. Find them at [zokuhome.com](http://zokuhome.com).

NUDE  
FOOD  
DAY™

3



5

4



6





# HOT CHIPPIES

Crinkle or thick cut, these frozen chips turned up the heat in our oven!



## 1 Seasons Pride Super Crunch Thick Cut Chips, \$2.69



The edges of these Aldi thick-cut chips crisp up during cooking but the potato filling stays creamy inside. They're not too salty or oily, either, just add a bit of tomato sauce for the ultimate comfort food.

## 2 Coles Australian Potatoes Crinkle Cut, \$2



While the sound of biting into these chip-shop style chippies might make you believe it's all crunch, they actually have the perfect balance of fluffy potato and crispy outer. Plus, they're cheap as chips!

## 3 McCain Original Wedges, \$4.39



Forget the sour cream and sweet chilli sauce because these wedges stand their ground! They have a light spice seasoning, crunchy edge, pillowy potato filling and golden hue – good luck stopping after only a few!

## 4 Woolworths Select Australian Potato French Fries, \$2.69



Crispy, golden brown in colour and with a soft inner texture, these French fries give fast food a run for its money! The huge kilogram bag makes them perfect for kids' parties!

## 5 Birds Eye Deli Seasoned Chips Sea Salt & Rosemary, \$3.69



Coated in sea salt and rosemary, these luxe chips are worthy of being paired with any Sunday roast! Made from Australian potatoes, they're generously sized, too.



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# TAKE THE CAKE



**Kim says:** Taking our inspiration from Instagram stars and the latest trends, these cakes really are the icing on the cake



## TREND: THE FUNFETTI CAKE

Guaranteed to be adored by all, this sprinkle-licious funfetti cake is both whimsical and fun, and is as much a treat for the eyes as for the tummies! We'll drink to that!

### FUNFETTI CAKE WITH MARSHMALLOW FROSTING

**SERVES** 40

**PREP** 50 MINUTES (PLUS COOLING)

**COOK** 1 HOUR 15 MINUTES

*YOU'LL NEED A SMALL CHAMPAGNE GLASS FOR THIS RECIPE*

**8 eggs**

**2 tablespoons vanilla extract**

**3 ¼ cups milk**

**1 ¾ cups vegetable oil**

**6 ¼ cups plain flour**

**1 ½ teaspoons baking powder**

**3 teaspoons bicarbonate of soda**

**2 ¾ cups caster sugar**

**1 cup boiling water**

**2 ⅓ cups pastel confetti sprinkles**

**Marshmallow Frosting**

**4 egg whites**

**2 cups caster sugar**

**1** Preheat oven to 180°C/160°C fan-forced. Grease two 6cm-deep, 22cm round cake pans and a 6.5cm deep, 18cm round cake pan. Line bases and sides with 3 layers of baking paper, extending paper 5cm above edges of pans (see Kim's tips).

**2** Whisk eggs, vanilla, milk and oil in a large jug. Sift flour, baking powder and bicarbonate of soda into a large bowl. Stir in sugar. Make a well. Add egg mixture. Whisk to combine. Whisk in boiling water. Stir in 1 ⅓ cups sprinkles. Divide mixture evenly among prepared pans.

**3** Bake cakes for 1 hour or until a skewer inserted into the centre of cakes comes out clean. Stand cakes in pans for 10 minutes. Turn, top-side up, onto wire racks lined with baking paper. Set aside to cool completely.

**4** Trim tops of cakes to level, if necessary. Cut small cake in half horizontally.

**5 Make Marshmallow Frosting** (see Kim's tips) Using a handheld mixer, beat egg whites, sugar and ¼ cup water in a large heatproof bowl until well combined. Place bowl over a saucepan of simmering water. Cook, beating constantly, for 12 to 15 minutes or until sugar has dissolved. Remove bowl from heat. Beat for a further 5 minutes or until frosting has cooled.

**6** Place 1 large cake onto a serving plate. Working quickly, spread 1 cup of frosting on top of cake. Top with remaining large cake. Spread top and side of cake with about ¾ of the remaining frosting.

**7** Place 1 small cake half onto centre of large cake. Spread top with ½ cup of remaining frosting. Top with remaining small cake half. Spread top and side of cake with remaining frosting.

**8** Carefully arrange champagne glass on top of cake. Spoon some of the remaining sprinkles inside the glass. Decorate cake with remaining sprinkles. Serve. ➤

### Kim says:

+ Lining the pan 3 times prevents the cakes from over-browning and forming a hard crust.

+ The frosting will start to set on standing so make it just before assembling the cake.





FUNFETTI CAKE  
WITH MARSHMALLOW  
FROSTING

**THE INFO**

+ SPECIAL OCCASION

**\$0.85**  
PER SERVE



## TREND: THE NAKED CAKE

The new make-over is the make-under! Naked cakes are perfect for beginner bakers as you don't have to worry about the icing being perfect. Sometimes less really is more.

### NAKED LEMON MERINGUE CAKE WITH LEMON SYRUP

**SERVES** 25

**PREP** 1 HOUR (PLUS REFRIGERATION)

**COOK** 1 HOUR 25 MINUTES

**250g butter, softened**

**2½ cups caster sugar**

**1 tablespoon finely grated lemon rind**

**6 eggs**

**3 cups self-raising flour**

**165ml can coconut milk**

**⅓ cup lemon juice**

**500g strawberries, hulled, thickly sliced,  
plus extra strawberries, to serve**

**Icing sugar, for dusting**

#### Lemon Curd

**1 cup caster sugar**

**1 tablespoon finely grated lemon rind**

**⅔ cup lemon juice**

**6 egg yolks**

**150g butter, chopped**

#### Bitter-sweet Lemon Syrup

**2 lemons**

**1 cup caster sugar**

#### Mascarpone Cream

**500g mascarpone**

**½ cup icing sugar mixture**

**600ml thickened cream**

**¾ cup petite vanilla meringues, roughly  
chopped, plus extra to serve**

and egg yolks in a heavy-based saucepan. Place over medium heat. Cook, stirring constantly, for about 12 minutes or until mixture thickens and coats the back of a spoon. Remove pan from heat. Add butter. Stir constantly until butter is melted and combined. Strain mixture into a heatproof bowl. Cover surface with plastic wrap. Set aside to cool for 30 minutes. Refrigerate for at least 2 hours or until cold.

**5 Make Bitter-sweet Lemon Syrup** (see Kim's tips) Using a vegetable peeler, peel rind from lemons. Cut into long thin strips. Juice 1 lemon (you'll need 2 tablespoons juice). Set aside remaining lemon for another use. Combine sugar, lemon juice and 1 cup water in a saucepan over medium-high heat. Cook, stirring, for 5 minutes or until sugar is dissolved. Bring to the boil. Add lemon rind. Reduce heat to low. Simmer for 8 to 10 minutes or until rind turns translucent and syrup has thickened slightly. Set aside to cool completely.

**6 Make Mascarpone Cream** Using an electric mixer, beat mascarpone and icing sugar until smooth and

combined. Add cream. Beat for 5 minutes or until just-firm peaks form. Transfer ¼ of the mixture to a bowl. Fold meringues into remaining mixture.

**7 Trim top of cakes to level, if necessary.**

Cut each cake in half horizontally. Place 1 cake half onto a serving plate. Spread with ⅓ of the lemon curd. Top with ⅓ of the strawberries. Dollop with ⅓ of the meringue mixture, spreading to the edge of cake. Continue layering, finishing with a layer of cake. Run a spatula around the side of cake to smooth the meringue mixture and fill any gaps. Top cake with reserved mascarpone cream and extra meringues and strawberries. Drizzle with a little of the lemon syrup. Dust with icing sugar. Serve immediately with remaining lemon syrup. >

### Kim says:

+ Lining the pan 3 times prevents the cakes from over-browning and forming a hard crust.  
+ Lemon Curd and Bitter-sweet Lemon Syrup can be made the day before serving.

**1** Preheat oven to 180°C/160°C fan-forced. Grease two 6cm-deep, 20cm round cake pans. Line base and sides with 3 layers of baking paper, extending paper 5cm above edges of pans (see Kim's tips).

**2** Using an electric mixer, beat butter, sugar and lemon rind for 8 minutes or until light and fluffy. Add eggs, 1 at a time, beating until just combined after each addition. Add flour, coconut milk and lemon juice, in 2 batches, beating until just combined after each addition. Divide mixture evenly between prepared pans.

**3** Bake for 1 hour to 1 hour 10 minutes or until a skewer inserted into the centre of cakes comes out clean. Stand in pans for 10 minutes. Turn, top-side up, onto wire racks lined with baking paper. Cool completely.

**4 Meanwhile, make Lemon Curd** (see Kim's tips) Whisk sugar, lemon rind, juice





NAKED LEMON  
MERINGUE CAKE  
WITH LEMON SYRUP

THE INFO

\$1.40  
PER SERVE





## TREND: THE DRIZZLED GANACHE CAKE

With a triple-threat ganache drizzle, colourful sponge layers inside and a generous amount of lollies to decorate, this cake will leave you feeling anything but blue!

### BLUE LAYERED SPONGE WITH GANACHE DRIZZLE

**SERVES** 20

**PREP** 40 MINUTES (PLUS COOLING AND STANDING) **COOK** 55 MINUTES

**8 eggs**

**1½ cups caster sugar**

**2 teaspoons vanilla extract**

**2 cups self-raising flour**

**Sky blue gel food colouring**

**¾ cup blueberry jam**

**Assorted lollipops (whole and crushed), gumballs and sprinkles, to decorate**

#### Buttercream

**250g butter, softened**

**3 cups icing sugar mixture**

**White icing colouring (optional)**

#### Ganache drizzle

**180g block white chocolate, chopped**

**½ cup thickened cream**

**Sky blue, royal blue and teal gel food colourings (see Kim's tips)**

**1** Preheat oven to 180°C/160°C fan-forced. Grease four 6cm-deep, 20cm round cake pans. Line bases and sides with 3 layers of baking paper.

**2** Using an electric mixer, beat ½ the eggs and ½ the sugar for 10 minutes or until thick and creamy and mixture forms ribbons when beaters are lifted. Beat in ½ the vanilla. Sift ½ the flour over egg mixture. Fold to combine. Divide mixture evenly between 2 cake pans. Gently level top with a spatula.

**3** Bake for 22 to 25 minutes or until top of cakes are just firm to touch. Turn, top-side up, onto wire racks lined with baking paper. Cool completely.

**4** Meanwhile, using an electric mixer, beat remaining eggs and sugar until light and creamy. Using sky blue food colouring, tint mixture blue. Beat in remaining vanilla. Sift remaining flour over mixture. Fold to combine. Divide mixture between remaining 2 cake pans. Gently level top with a spatula.

**5** Bake for 22 to 25 minutes or until top of cakes are just firm to touch. Turn, top-side up, onto wire racks lined with baking paper. Cool completely.

**6 Make Buttercream** Using an electric mixer, beat butter for 10 minutes or until pale and fluffy. Gradually add icing sugar, beating until well combined. Using white colouring, tint buttercream white.

**7** Place 1 blue cake onto a serving plate. Top with ½ cup buttercream, spreading to level. Spread ¼ cup jam over buttercream. Repeat layering, alternating cake colours, finishing with a layer of cake. Spread remaining buttercream over top and side of cake. Smooth with a spatula.

**8 Make Ganache Drizzle** Place chocolate and cream in a microwave-safe bowl. Microwave on HIGH (100%) for 1 to 2 minutes or until melted and combined. Divide mixture evenly among 3 bowls. Using food colourings, tint 1 portion sky blue, 1 portion royal blue and remaining portion teal.

**9** Working quickly, spoon ganache onto top of cake, alternating colours, allowing ganache to drip down the side (see Kim's tips). Set aside for 1 hour to set. Just before serving, decorate top of cake with lollipops, gumballs and sprinkles. Serve. ➤

### Kim says:

+ Don't use liquid food colouring to tint the ganache as the chocolate will seize and you won't be able to use it.

+ Working quickly, use the back of the spoon to gently spread ganache colours together.





BLUE LAYERED  
SPONGE WITH  
GANACHE DRIZZLE

THE INFO

**\$0.62**  
PER SERVE





## TREND: THE OVER-THE-TOP STACKED CAKE

Sky-high and with a touch of ombré, this eye-catching stack really takes the cake. Make them all or choose just one – either way, you'll impress your guests!

### STACK-IT-HIGH NEAPOLITAN CAKE

**SERVES** 46

**TOTAL PREP** 2 HOURS 45 MINUTES

(PLUS COOLING)

**TOTAL COOK** 6 HOURS 10 MINUTES

*IF YOU'RE MAKING ALL 4 CAKES, YOU'LL NEED A 30CM ROUND SERVING PLATE, AND 15CM AND 12CM ROUND CAKE BOARDS.*

### WHITE CHOCOLATE AND RASPBERRY MUD CAKE

**SERVES** 24

**PREP** 1 HOUR 10 MINUTES (PLUS COOLING)

**COOK** 2 HOURS 10 MINUTES

*YOU'LL NEED A 1CM FLUTED AND A 1CM RIBBON PIPING NOZZLE. YOU'LL ALSO HAVE ENOUGH MIXTURE TO MAKE A CUPCAKE.*

500g butter, chopped

2 x 180g blocks white chocolate, chopped

2 cups milk

3 cups caster sugar

1½ tablespoons vanilla extract

3 cups plain flour

1¼ cups self-raising flour

4 eggs, lightly beaten

1 tablespoon frozen raspberries

Extra 1 cup frozen raspberries, partially thawed

Rose pink gel food colouring

3 quantities Swiss Meringue Buttercream, (see recipe p34 and notes)

1 maraschino cherry, to decorate

1 Preheat oven to 150°C/130°C fan-forced. Grease 2 x 6cm-deep, 22cm round cake pans. Line bases and sides with 3 layers of baking paper, extending paper 3cm above edges of pans. Line 1 hole of a Texas muffin pan (¾-cup-capacity) with a paper case.

2 Place butter, chocolate, milk, sugar and vanilla in a saucepan over medium heat. Cook, stirring occasionally, until melted and mixture is combined. Set aside for 10 minutes to cool slightly.

3 Whisk flours into chocolate mixture until combined. Whisk in egg. Spoon ½ cup batter into prepared muffin hole. Push 1 tablespoon raspberries into the top.

4 Pour half the remaining batter into 1 prepared pan. Stir extra raspberries into remaining batter. Using food colouring,

tint batter pink. Pour into remaining prepared pan. Bake for 1 hour 50 minutes, removing cupcake after 45 minutes, or when a skewer inserted into cakes comes out with crumbs clinging. Stand cupcake in pan for 4 minutes. Transfer to a wire rack to cool completely. Cool remaining cakes in pans completely.

**5 Make Swiss Meringue Buttercream.**

Transfer ¾ cup buttercream to a bowl for cupcake. Using food colouring, tint pale pink. Tint remaining buttercream dark pink for large cake. Ice cake (see p34).

### MARS BAR AND HAZELNUT MUD CAKE

**SERVES** 16

**PREP** 55 MINUTES (PLUS COOLING)

**COOK** 2 HOURS 50 MINUTES

*YOU'LL NEED A 7MM ROUND PIPING NOZZLE.*

200g butter, chopped

180g block dark chocolate, chopped

½ cup milk

1½ cups caster sugar

1 cup plain flour

¼ cup self-raising flour

¼ cup cocoa powder

2 eggs, lightly beaten

½ cup hazelnut meal

2 x 53g Mars Bars, sliced

1 quantity Swiss Meringue Buttercream, (see recipe p34 and notes)

Rose pink gel food colouring

1 Preheat oven to 150°C/130°C fan-forced. Grease a 6cm-deep, 18cm round cake pan. Line base and sides of pan with 3 layers of baking paper, extending paper 3cm above edge of pan.

2 Place butter, chocolate, milk, ⅓ cup water and sugar in a saucepan over medium heat. Cook, stirring occasionally, until melted and mixture is combined. Set aside for 10 minutes to cool slightly.

3 Whisk flours and cocoa powder into chocolate mixture until combined. Whisk in egg, then hazelnut meal. Stir in Mars Bars. Pour mixture into prepared pan. Bake for 2 hours 30 minutes or until a skewer inserted into centre of cake comes out with crumbs clinging. Cool completely in pan.

**4 Make Swiss Meringue Buttercream.**

Using food colouring, tint buttercream a medium pink colour. Ice cake (see p34).

### MARBLED BUTTERCAKE

**SERVES** 6

**PREP** 40 MINUTES (PLUS COOLING)

**COOK** 1 HOURS 5 MINUTE

*YOU'LL NEED A 7MM STAR-SHAPED PIPING NOZZLE.*

150g butter, softened

⅔ cup caster sugar

1 teaspoon vanilla extract

2 eggs

1¾ cups self-raising flour

⅔ cup milk

1 tablespoon cocoa powder, sifted

Rose pink gel food colouring

1 quantity Swiss Meringue Buttercream, (see recipe p34 and notes)

1 Preheat oven to 180°C/160°C fan-forced. Grease a 6cm-deep, 12.5cm round cake pan. Line base and sides with 3 layers of baking paper, extending paper 3cm above edge of pan.

2 Using an electric mixer, beat butter, sugar and vanilla until light and fluffy. Add eggs, 1 at a time, beating well after each addition. Add flour and milk. Beat until just combined. Divide mixture between 2 bowls. Stir cocoa into 1 portion. Using food colouring, tint remaining portion bright pink.

3 Drop spoonfuls of batter into prepared pan, alternating colours. Run a butter knife through mixture to create a marbled effect. Tap pan on bench to level. Bake for 55 minutes or until a skewer inserted into the centre comes out clean. Stand in pan for 10 minutes. Turn, top-side up, onto a baking paper-lined wire rack. Cool completely.

**4 Make Swiss Meringue Buttercream.** Using food colouring, tint buttercream pink. Ice cake (see p34). ➤

## The icing on the cake:

+ Turn to p34 to find the recipe for icing and decorating these show-stopping cakes.

+ We've taken the hard work out by dividing the quantities needed for each.



STACK-IT-HIGH  
NEAPOLITAN CAKE

THE INFO

**\$0.92**  
PER SERVE

WHITE CHOCOLATE  
AND RASPBERRY  
MUD CAKE

THE INFO

**\$1.00**  
PER SERVE

MARS BAR  
AND HAZELNUT  
MUD CAKE

THE INFO

**\$0.80**  
PER SERVE

MARbled  
BUTTERCAKE

THE INFO

**\$0.94**  
PER SERVE





## SWISS MERINGUE BUTTERCREAM

**MAKES** 1½ CUPS

**PREP** 25 MINUTES **COOK** 10 MINUTES

*YOU'LL NEED A CANDY THERMOMETER FOR THIS RECIPE. IF YOU'RE MAKING ALL 4 CAKES, YOU'LL NEED TO MAKE 5 QUANTITIES. YOU'LL NEED TO COOK THE MIXTURE FOR 12 TO 15 MINUTES AND BEAT IT FOR 10 MINUTES.*

**2 egg whites**

**½ cup caster sugar**

**200g butter, chopped, softened**

**White icing colouring, optional**  
(see Kim's tip)

- 1** Whisk egg whites and sugar in a large heatproof bowl. Place bowl over a saucepan of simmering water. Whisk constantly for about 8 minutes or until mixture reaches 70°C on a candy thermometer. Remove bowl from heat.
- 2** Transfer mixture to large bowl of an electric mixer. Beat for 8 minutes or until firm peaks form and mixture is almost at room temperature. Add butter, 1 piece at a time, beating until well combined after each addition and mixture becomes thick and smooth. Using white colouring, tint buttercream white.

### Kim says:

Buttercream has a pale yellow hue, so we used whitener before adding pink colouring. Adding this first allows you to turn the mixture a true pink, rather than a peach colour.

## TO DECORATE THE CAKES:

*TURN TO P10 FOR OUR EASY STEP-BY-STEP PIPING GUIDE.*

### WHITE CHOCOLATE AND RASPBERRY MUD CAKE

- 1** Trim top of large cakes to level. Cut each large cake in half horizontally.
- 2** Spoon pale pink cupcake buttercream into a piping bag with a 1cm fluted nozzle. Pipe a swirl onto cupcake. Top with cherry.
- 3** Place 1 half of raspberry mud cake onto a serving plate. Spread with ½ cup dark pink buttercream. Top with 1 half of the plain white chocolate mud cake. Spread with ½ cup remaining dark pink buttercream. Repeat layering, finishing with a layer of cake. Spread top and side of cake with a little of the remaining dark pink buttercream to coat. Spoon remaining dark pink buttercream into a piping bag fitted with a 1cm ribbon nozzle. Using the picture as a guide, pipe ribbons onto side of cake.

### MARS BAR AND HAZELNUT MUD CAKE

*YOU'LL NEED THE 15CM CAKE BOARD IF YOU ARE STACKING THE CAKES.*

- 1** Trim top of cake to level. Cut cake in half horizontally.
- 2** Place bottom half of cake onto a 15cm round cake board. Spread top with ⅓ cup of the medium pink buttercream. Top with remaining cake half. Spread a little medium pink buttercream over top and side of cake and edge of board to coat. Place remaining medium pink buttercream into a piping bag with a 7mm round piping nozzle. Using the picture as a guide, pipe icing around side of cake by piping a dot of icing and dragging to form a teardrop.

### MARBLED BUTTERCAKE

*YOU'LL NEED THE 12CM CAKE BOARD IF YOU ARE STACKING THE CAKES.*

- 1** Trim top of cake to level. Place onto a 12cm round cake board. Spread a little of the pink buttercream over top and side of cake and edge of board to coat. Place remaining pink buttercream into a piping bag with a 7mm star-shaped nozzle. Using the picture as a guide, pipe stars around side of cake.

## TO ASSEMBLE THE CAKES:

- 1** Leaving cakes on boards, place Mars Bar and Hazelnut Mud Cake on top of White Chocolate and Raspberry Mud Cake. Top with Marbled Buttercake, then Cupcake. ■





## EASY CHICKEN PARMIGIANA

**SERVES 4**

**PREP 20 MINUTES COOK 25 MINUTES**

- 2 teaspoons finely grated lemon rind
- 1 garlic clove, crushed
- 1 teaspoon dried oregano
- 1 cup panko breadcrumbs
- ¼ cup plain flour
- 1 egg, lightly beaten
- 1 tablespoon milk
- 2 chicken breast fillets, halved horizontally
- ¼ cup extra virgin olive oil
- 1 brown onion, finely chopped
- Extra 2 garlic cloves, crushed
- 700g bottle tomato passata
- 2 tablespoons chopped fresh basil, plus extra to serve
- ½ x 250g ball buffalo-style mozzarella, sliced
- ⅓ cup finely grated parmesan
- Salad leaves, to serve

1 Combine rind, garlic and oregano in a large shallow bowl. Add breadcrumbs. Season with salt and pepper. Mix well. Place flour in a bowl. Whisk egg and milk in a separate shallow bowl. Working with 1 chicken piece at a time, toss in flour. Dip in egg mixture, then press in breadcrumb mixture to coat. Transfer to a plate.

2 Heat 2 tablespoons oil in a large frying pan over medium-high heat. Cook chicken for 4 to 5 minutes each side or until golden. Transfer to a plate.

3 Heat remaining oil in pan. Add onion. Cook, stirring, for 5 minutes or until softened. Add extra garlic. Cook for 1 minute or until fragrant. Stir in passata and basil. Season. Bring to a simmer. Simmer for 3 to 4 minutes or until slightly thickened.

4 Preheat grill on medium-high. Spoon half the passata mixture onto a baking tray. Top with chicken. Spoon over remaining passata mixture. Top chicken with mozzarella and parmesan. Grill for 4 to 5 minutes or until cheese is melted and golden. Stand for 2 minutes. Top with extra basil. Serve with salad leaves.

**NUTRITION:** (per serve) 2392kJ; 26.6g fat; 9.7g sat fat; 44.6g protein; 37.5g carbs; 5g fibre; 149mg chol; 633mg sodium. ■

EASY CHICKEN PARMIGIANA

## THE INFO

+ CLASSIC  
+ KID FRIENDLY

45

\$2.56  
PER SERVE

2  
SERVES OF  
VEGIES

# MIDWEEK

**MIDWEEK MEALS** TO FEED THE FAMILY

» PORK SLIDERS IN JUST **15 MINUTES**

» **SILVERBEET SIDES** GET THE SUPERSTAR TREATMENT » ROLL UP FOR **MEATBALLS**







# 10 easy midweek meals



**Kim says:** Be it a stir-fry, bake or curry, my favourite weeknight meals are those that leave the cook happy and the family full

## Sunday prep:

- + Make step 1 of the Sticky Chinese Pork Stir-fry, p37. Cover. Refrigerate for up to 2 days.
- + Make step 1 of Charred Beef Tacos with Tomato Radish Salsa, p38. Place on a plate. Cover, refrigerate for up to 3 days.
- + Make step 2 of the Spiced Fish Kebabs with Pearl Couscous Salad, p42. Place skewers on a plate. Cover. Refrigerate for up to 1 day.
- + Make Fish Cooked in Yoghurt with Crispy Onion Topping, p44, to the end of step 2. Place onion in an airtight container. Cover yoghurt mixture with plastic wrap. Refrigerate for up to 1 day. Reheat onion over medium-high heat to re-crisp.



STICKY CHINESE  
PORK STIR-FRY

## THE INFO

+ HIGH FIBRE  
+ LOW SATURATED FAT  
+ ASIAN

\$6.05  
PER SERVE

30

2.5  
SERVES OF  
VEGIES

STICKY CHINESE  
PORK STIR-FRY

SERVES 4

PREP 15 MINUTES

COOK 15 MINUTES

600g pork loin medallions,  
thinly sliced  
2 tablespoons brown sugar  
1½ tablespoons soy sauce  
½ teaspoon Chinese five spice  
2 teaspoons fish sauce  
200g packet dried rice  
stick noodles  
1½ tablespoons vegetable oil  
1 red onion, halved, cut into  
thin wedges  
2cm piece fresh ginger, peeled,  
finely grated  
2 garlic cloves, crushed  
1 red capsicum, thinly sliced  
1 carrot, halved, sliced diagonally  
1 bunch baby pak choy, roughly chopped  
250g snow peas, trimmed  
¼ cup chicken stock  
¼ cup oyster sauce  
¼ cup dry roasted cashews  
1 green onion, thinly sliced  
1 long red chilli, sliced diagonally

1 Combine pork, sugar, soy sauce, five  
spice and fish sauce in a medium bowl.  
Toss to coat.

2 Cook rice stick noodles, following packet  
directions until tender. Drain well. Cover  
to keep warm.

3 Heat 1 tablespoon of oil in a wok or large  
frying pan over medium-high heat. Stir-fry  
pork, in 2 batches, for 1 to 2 minutes or  
until golden. Transfer to a bowl.

4 Heat remaining oil in wok over high heat.  
Stir-fry onion, ginger, garlic, capsicum and

carrot for 5 minutes or until just tender.  
Add pork, pak choy, snow peas, stock and  
oyster sauce. Stir-fry for 2 to 3 minutes or  
until pork is cooked through and snow  
peas are tender. Top with cashews, onion  
and chilli. Serve with rice noodles.

NUTRITION: (per serve) 2272kJ; 21.7g fat;  
4.9g sat fat; 43g protein; 42.6g carbs;  
5.9g fibre; 70mg chol; 1629mg sodium. >





## RIGATONI WITH CRISPY MORTADELLA, TOMATO AND BASIL

### THE INFO

\$4.35  
PER SERVE

25

2.7  
SERVES OF  
VEGIES

## RIGATONI WITH CRISPY MORTADELLA, TOMATO AND BASIL

**SERVES 4**

**PREP 10 MINUTES**

**COOK 15 MINUTES**

**375g dried rigatoni pasta**

**2 bunches broccolini, roughly chopped**

**2 tablespoons extra virgin olive oil, plus extra to serve**

**300g thinly sliced olive mortadella, halved, cut into thin strips**

**3 garlic cloves, thinly sliced**

**1 long red chilli, seeded, thinly sliced**

**400g grape tomatoes, halved**

**¾ cup small fresh basil leaves**

**½ cup finely grated pecorino**

1 Cook pasta in a large saucepan of boiling salted water, following packet directions,

until tender, adding broccolini to pan in the last minute of cooking time. Drain well, reserving ½ cup of cooking water.

2 Meanwhile, heat oil in a large deep frying pan over medium-high heat. Cook mortadella for 2 to 3 minutes or until golden. Add garlic and chilli. Cook for 1 minute or until fragrant and mortadella is crisp.

3 Add tomato. Cook, stirring, for 5 minutes or until tomato just starts to soften. Add cooked pasta, reserved cooking water and ½ the fresh basil. Cook, tossing, for 1 minute or until heated through.

4 Serve pasta topped with pecorino and remaining fresh basil, and drizzle with extra oil.

**NUTRITION:** (per serve) 3155kJ; 36.4g fat; 11g sat fat; 29.9g protein; 74g carbs; 7.6g fibre; 61mg chol; 809mg sodium.

## CHARRED BEEF TACOS WITH TOMATO RADISH SALSA

**SERVES 4**

**PREP 20 MINUTES (PLUS STANDING)**

**COOK 15 MINUTES**

**700g beef rump steak, trimmed**

**2 tablespoons extra virgin olive oil**

**1 teaspoon ground cumin**

**1 teaspoon dried oregano**

**2 garlic cloves, crushed**

**8 flour tortillas**

**2 tomatoes, chopped**

**½ small red onion, finely chopped**

**½ green capsicum, finely chopped**

**4 radishes, thinly sliced**

**2 tablespoons lime juice**

**100g reduced-fat fetta, crumbled**

**½ cup fresh coriander sprigs**

1 Drizzle beef with ½ the oil. Rub all over with cumin, oregano and garlic. Set aside.

2 Preheat a barbecue grill or chargrill pan over medium-high heat. Cook tortillas for 30 to 40 seconds each side or until charred and heated through. Transfer to a plate. Cover with foil to keep warm.

3 Add beef to grill for 4 minutes each side for medium or until cooked to your liking. Cover loosely with foil. Set aside for 5 minutes to rest. Thinly slice.

4 Meanwhile, combine tomato, onion, capsicum, radish, juice and remaining oil in a medium bowl (see Kim's tip). Serve tortillas filled with beef, salsa, fetta and coriander sprigs.

**NUTRITION:** (per serve) 2696kJ; 28.2g fat; 10.5g sat fat; 49.1g protein; 46.2g carbs; 4.2g fibre; 114mg chol; 878mg sodium. ➤

### Kim says:

Add some extra oomph to the salsa by adding 2 thinly sliced small red chillies. For chilli lovers, leave the seeds in to really pack a punch!



CHARRED BEEF  
TACOS WITH TOMATO  
RADISH SALSA

THE INFO

+ HIGH IN IRON

\$4.90  
PER SERVE

35





## SUMAC PISTACHIO LAMB WITH TAHINI MASH

**SERVES 4**

**PREP 20 MINUTES COOK 25 MINUTES**

750g red rascal potatoes, peeled, chopped

⅓ cup milk, warmed (see Kim's tip)

1½ tablespoons tahini

30g butter

2 teaspoons sumac

⅓ cup pistachio kernels, finely chopped

8 lamb loin chops, trimmed

1 tablespoon extra virgin olive oil

1 bunch dutch (baby) carrots,  
trimmed, peeled

300g green beans, trimmed

½ teaspoon cumin seeds

½ teaspoon cracked black pepper

1 tablespoon honey

1 Place potato in a large saucepan. Cover with cold water. Bring to the boil over high heat. Boil for 15 minutes or until tender. Drain. Mash potato in a bowl. Add milk, tahini and ½ the butter. Season with salt and pepper. Mash to combine. Cover to keep warm.

2 Meanwhile, combine sumac and pistachio on a plate. Press lamb into pistachio mixture to coat.

3 Heat oil in a large frying pan over medium heat. Cook lamb for 3 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover loosely with foil. Set aside for 5 minutes to rest.

4 Meanwhile, cook carrot in a large saucepan of boiling water for 5 minutes or until just tender, adding beans in the last minute of cooking time. Using a slotted spoon, transfer carrot and beans to a frying pan over medium-high heat.

5 Add remaining butter, cumin seeds and pepper to pan. Cook, stirring, for 1 minute or until butter has melted and mixture is fragrant. Add honey. Cook, shaking pan, for 1 to 2 minutes or until vegetables are coated in honey mixture. Serve lamb with mash and vegetables.

**NUTRITION:** (per serve) 2762kJ; 33.4g fat; 11.6g sat fat; 49.4g protein; 35.7g carbs; 10.3g fibre; 123mg chol; 450mg sodium.

### Kim's tip:

Adding warm milk to the potato helps create a creamy mash, and also keeps the mash nice and hot.



*We've given your meat and three veg a makeover by adding Middle Eastern ingredients such as tahini, sumac and honey.*





SUMAC PISTACHIO  
LAMB WITH  
TAHINI MASH

### THE INFO

+ LOWER SODIUM

**\$6.61**  
PER SERVE

**45**

**4**  
SERVES OF  
VEGIES



CHICKEN AND  
APPLE STRATA

### THE INFO

**\$4.52**  
PER SERVE

## CHICKEN AND APPLE STRATA

**SERVES 4**

**PREP 20 MINUTES COOK 1 HOUR**

**275g baby roma truss tomatoes**

**Olive oil cooking spray**

**2 pink lady apples**

**1 tablespoon extra virgin olive oil**

**6 thin chicken sausages**

**2 leeks, trimmed, halved, thinly sliced**

**3 teaspoons finely chopped fresh rosemary**

**3 teaspoons finely chopped fresh thyme**

**2 garlic cloves, crushed**

**8 slices white crusty bread, halved**

**6 eggs**

**1½ cups milk**

**Fresh flat-leaf parsley sprigs, to serve**

- 1 Preheat oven to 180°C/160°C fan-forced. Grease a 6cm-deep, 20cm x 28cm (8 cup-capacity) ovenproof dish. Place tomatoes on a baking tray lined with baking paper. Spray with oil.
- 2 Peel and grate 1 apple.

- 3 Heat oil in a large frying pan over medium heat. Squeeze sausages from casings. Add to pan. Cook, breaking up with a wooden spoon, for 5 minutes or until browned. Add leek, rosemary, thyme and garlic. Cook for 5 minutes or until leek softens. Remove from heat. Stir in grated apple.
  - 4 Cut remaining apple into thin wedges. Spoon half the chicken mixture over the base of prepared dish. Arrange bread, slightly overlapping, in dish. Place remaining chicken mixture and apple wedges between and around bread.
  - 5 Whisk eggs and milk in a jug. Pour over bread. Cover with foil. Bake for 25 minutes. Remove foil. Bake for 20 to 25 minutes or until strata is golden and just set, adding tomatoes to oven in the last 15 minutes of cooking time. Stand for 5 minutes. Sprinkle with parsley sprigs. Serve.
- NUTRITION:** (per serve) 2632kJ; 27.2g fat; 7.8g sat fat; 32.4g protein; 61.4g carbs; 7.2g fibre; 313mg chol; 969mg sodium. ➤



## CHICKEN AND HALOUMI BAKE WITH POTATO WEDGES

**SERVES 4**

**PREP 10 MINUTES COOK 1 HOUR**

4 chicken marylands, trimmed (see note)  
 ¼ cup extra virgin olive oil  
 ⅓ cup lemon juice  
 1 tablespoon finely grated lemon rind  
 3 teaspoons fresh thyme leaves, plus extra to serve  
 3 sprigs fresh rosemary  
 1 teaspoon dried oregano  
 600g cream delight potatoes, halved, cut into wedges  
 250g haloumi, cut into 1cm-thick slices  
 80g baby spinach  
 Lemon wedges, to serve

1 Preheat oven to 200°C/180°C fan-forced.  
 2 Place chicken in a roasting pan. Drizzle with ½ the oil and ½ the lemon juice. Sprinkle with lemon rind, thyme, rosemary and oregano.  
 3 Place potato on a baking tray. Drizzle with remaining oil and lemon juice. Bake chicken and potato for 50 minutes to 1 hour or until chicken is golden and cooked through, adding haloumi to the chicken in the last 20 minutes of cooking time.  
 4 Serve chicken and potato with spinach and lemon wedges and sprinkle with extra thyme.  
**NUTRITION:** (per serve) 2921kJ; 47.9g fat; 18.3g sat fat; 48.5g protein; 22.6g carbs; 5g fibre; 114mg chol; 1064mg sodium.

### Cook's note:

Marylands are the thigh with the drumstick attached. If unavailable, use thigh cutlets and drumsticks. Reduce cooking time to 45 to 50 minutes.



CHICKEN AND HALOUMI BAKE WITH POTATO WEDGES

### THE INFO

+ GLUTEN FREE

**\$5.46**  
PER SERVE

**2.5**  
SERVES OF VEGIES

## SPICED FISH KEBABS WITH PEARL COUSCOUS SALAD

**SERVES 4**

**PREP 15 MINUTES**

**COOK 20 MINUTES**

*YOU'LL NEED 8 PRE-SOAKED BAMBOO SKEWERS OR 8 METAL SKEWERS.*

1½ cups pearl (Israeli) couscous  
 850g firm boneless white fish fillets, cut into 3cm pieces  
 2 teaspoons smoked paprika  
 2 teaspoons ground coriander  
 1 teaspoon dried oregano  
 ¼ teaspoon dried chilli flakes  
 ¼ cup extra virgin olive oil  
 1½ cups baby rocket  
 ½ cup chopped semi-dried tomatoes  
 ½ cup slivered almonds, toasted  
 2 tablespoons lemon juice  
 ½ cup labne and lemon wedges, to serve (see note)

1 Cook couscous in a medium saucepan of boiling salted water for 7 to 10 minutes or until tender. Refresh under cold water. Drain well. Transfer to a large bowl.  
 2 Meanwhile, place fish, paprika, coriander,

oregano, chilli and ½ the oil in a bowl. Toss to coat. Thread fish onto 8 bamboo or metal skewers.  
 3 Heat 2 teaspoons remaining oil in a large frying pan over medium-high heat. Cook skewers, turning, for 6 to 8 minutes or until browned and cooked through.  
 4 Meanwhile, add rocket, tomato, almonds, lemon juice and remaining oil to couscous. Toss until well combined. Season with salt and pepper. Serve skewers with couscous salad, labne and lemon wedges.  
**NUTRITION:** (per serve) 2788kJ; 28.5g fat; 6.1g sat fat; 55.2g protein; 35.7g carbs; 3.9g fibre; 140mg chol; 686mg sodium.

### Cook's note:

Labne is also known as strained yoghurt and can be found in the gourmet cheese section of supermarkets. You can make your own by placing 500g Greek-style yoghurt into a sieve lined with muslin or paper towel over a bowl. Refrigerate overnight to strain, then discard whey from bowl.





## CHILLED SOBA NOODLE SALAD WITH SESAME BEEF

**SERVES 4**

**PREP 15 MINUTES**

**COOK 15 MINUTES**

270g packet dried soba noodles  
 2 tablespoons Obento Cooking Sake  
 ¼ cup salt-reduced soy sauce  
 1 teaspoon caster sugar  
 1 teaspoon wasabi paste  
 1 tablespoon sesame seeds  
 250g piece beef fillet, tail end  
 1½ tablespoons vegetable oil  
 3 green onions, thinly sliced diagonally, plus extra to serve  
 2 Lebanese cucumbers, seeded, cut into matchsticks  
 2 carrots, cut into matchsticks  
 1 sheet nori (roasted seaweed), cut into matchsticks  
 Pickled ginger and extra wasabi (optional), to serve

1 Cook noodles following packet directions until tender. Drain. Refresh under cold water. Drain. Transfer to a large bowl.  
 2 Meanwhile, combine sake, soy sauce,

sugar, wasabi and ⅓ cup water.

3 Place sesame seeds on a plate. Rub beef all over with ½ the oil. Roll in sesame seeds.

4 Heat remaining oil in a large frying pan over medium heat. Cook beef for 8 minutes, turning, for medium or until cooked to your liking. Transfer to a plate. Cover loosely with foil. Set aside for 5 minutes to rest. Thinly slice.

5 Meanwhile, add onion, cucumber, carrot and soy mixture to noodles. Toss to combine. Serve beef with noodles, nori, pickled ginger and extra onion and wasabi, if using, to serve.

**NUTRITION:** (per serve) 2002kJ; 14.9g fat; 3.4g sat fat; 26.7g protein; 56.7g carbs; 7.8g fibre; 36mg chol; 1243mg sodium. ➤

## SPICED FISH KEBABS WITH PEARL COUSCOUS SALAD

### THE INFO

**\$5.67**  
PER SERVE

**35**

## CHILLED SOBA NOODLE SALAD WITH SESAME BEEF

### THE INFO

+ LOW FAT  
+ LOW SATURATED FAT

**\$4.32**  
PER SERVE

**30**

## SFI recommends:

Obento Cooking Sake is brewed to a traditional recipe and has a slightly sweet taste that adds great depth of flavour to Japanese dishes.





FISH COOKED IN  
YOGHURT WITH CRISPY  
ONION TOPPING

## THE INFO

+ LOWER GI  
+ LOWER SODIUM

\$5.21  
PER SERVE

40



## FISH COOKED IN YOGHURT WITH CRISPY ONION TOPPING

**SERVES 4**

**PREP 15 MINUTES COOK 25 MINUTES**

**3 brown onions**

**2 tablespoons rice bran oil**

**¼ cup fresh curry leaves**

**2 cardamom pods, bruised**

**3 garlic cloves, crushed**

**4cm piece fresh ginger, peeled  
finely grated**

**2 small red chillies, chopped**

**1 teaspoon ground turmeric**

**¾ cup plain Greek-style yoghurt**

**4 x 160g boneless firm white fish fillets  
(skin on)**

**½ cup chicken stock**

**Steamed basmati rice, 1 bunch baby  
choy sum, extra curry leaves and lime  
wedges, to serve**

**1** Thinly slice 2 onions. Heat ½ the oil in a deep frying pan over medium heat. Add onion, curry leaves and cardamom. Cook,

stirring, for 15 minutes or until onion is browned and crisp. Using a slotted spoon, transfer to a bowl. Discard cardamom.

**2** Meanwhile, coarsely chop remaining onion. Place chopped onion, garlic, ginger, chilli and turmeric in a small food processor. Process until smooth. Add yoghurt. Process until combined. Transfer mixture to a shallow glass or ceramic dish. Add fish. Turn to coat.

**3** Remove fish from marinade. Reserve marinade. Reheat remaining oil in same pan over medium-high heat. Cook fish, flesh-side down, for 2 minutes. Turn fish. Add reserved marinade and stock. Bring to the boil. Reduce heat to medium. Simmer, uncovered, for 6 to 7 minutes or until fish is cooked through.

**4** Top fish with onion mixture. Serve with rice, baby choy sum, extra curry leaves and lime wedges.

**NUTRITION:** (per serve) 2464kJ; 16.3g fat; 5.7g sat fat; 42.9g protein; 62.4g carbs; 3.7g fibre; 95mg chol; 365mg sodium.

## MASALA EGG CURRY

**SERVES 4**

**PREP 15 MINUTES**

**COOK 20 MINUTES**

**6 eggs, at room temperature**

**2 tablespoons vegetable oil**

**1 large red onion, halved, thinly sliced**

**½ teaspoon ground turmeric**

**½ teaspoon chilli powder**

**4cm piece fresh ginger, finely grated**

**1 long green chilli, thinly sliced**

**270ml can coconut milk**

**150g green beans, trimmed**

**150g sugar snap peas, trimmed**

**½ teaspoon garam masala, toasted  
(see note)**

**½ cup fresh coriander leaves**

**Steamed basmati rice, to serve**

**1** Place eggs in a saucepan. Cover with cold water. Bring to the boil over high heat, stirring occasionally. Reduce heat to medium. Simmer for 3 minutes. Remove pan from heat. Carefully, transfer eggs to a board. Set aside to cool slightly.

**2** Meanwhile, heat oil in large saucepan over medium heat. Cook onion, stirring, for 7 minutes or until light golden. Add turmeric, chilli powder, ginger and ½ the green chilli. Cook, stirring, for 1 minute or until fragrant.

**3** Add coconut milk and ½ cup water. Bring to the boil. Reduce heat to low. Simmer for 5 minutes or until liquid reduces by half.

**4** Peel eggs. Add beans, peas and eggs to curry. Cook, stirring, for 1 to 2 minutes or until beans are just tender and eggs are heated through. Cut eggs in half. Sprinkle curry with garam masala, coriander and remaining chilli and serve with rice.

**NUTRITION:** (per serve) 2452kJ; 28.4g fat; 13.4g sat fat; 18.5g protein; 60g carbs; 4g fibre; 281mg chol; 130mg sodium. ■

## Cook's note:

To toast the garam masala, place in a small frying pan over low heat. Cook for 30 seconds or until fragrant. You can replace garam masala with mustard seeds, if you prefer.



MASALA  
EGG CURRY

THE INFO

+ LOW GI  
+ LOWER SODIUM  
+ VEGETARIAN

\$2.76  
PER SERVE

35





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**RECIPE**  
Naked Lemon Meringue  
Cake with Lemon Syrup

**STEP 2**

Using an electric mixer, beat butter, sugar and lemon rind for 8 minutes or until light and fluffy. Add eggs, 1 at a time, beating until just combined after each addition.

**INGREDIENTS USED IN THIS STEP**

- 250g butter, softened
- 2 1/4 cups caster sugar
- 1 tablespoon finely grated lemon rind
- 6 eggs

**Try cookmode**

+ Simple **step-by-step** instructions with **all the ingredients** listed. Use this app in the kitchen to make **cooking even easier!**

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# EASY AS



**Claire says:** Thought slow-cooked pork was off limits on weeknights? Nah-ah! Just add slaw and soy, and dinner's done in 15 minutes

RECIPES: CLAIRE BROOKMAN PHOTOGRAPHY: CRAIG WALL STYLING: FIONA SINCLAIR FOOD PREPARATION: AMIRA GEORGY





## STICKY HOISIN PULLED PORK AND SLAW BURGERS

### THE INFO

15

\$3.86  
PER SERVE



## STICKY HOISIN PULLED PORK AND SLAW BURGERS

**SERVES 4**

**PREP 10 MINUTES COOK 5 MINUTES**

**¼ cup hoisin sauce**

**½ teaspoon sesame oil**

**1½ tablespoons rice wine vinegar**

**1 tablespoon salt-reduced soy sauce**

**1 tablespoon peanut oil**

**2 garlic cloves, crushed**

**250g packet slow-cooked and shredded  
barbecue pork (see cook's note)**

**225g bag coleslaw mix**

**2 green onions, thinly sliced diagonally**

**4 brioche buns, warmed, split  
(see Claire's tips)**

**¼ cup Japanese-style mayonnaise**

**1** Combine hoisin sauce, sesame oil, rice wine vinegar and soy sauce in a bowl.

**2** Heat peanut oil in a wok over medium-high heat. Add garlic. Stir-fry for 1 minute

or until fragrant. Add hoisin sauce mixture. Bring to the boil. Reduce heat to low. Add pork. Stir-fry, breaking up lumps with a wooden spoon, for 2 to 3 minutes or until pork is heated through and mixture is combined. Remove from heat.

**3** Add coleslaw mix and onion to pork mixture. Toss to combine. Top bun bases with pork mixture. Dollop with mayonnaise. Sandwich with bun tops. Serve.

**NUTRITION:** (per serve) 2094kJ; 30.3g fat; 7.9g sat fat; 21.9g protein; 30.5g carbs; 4.8g fibre; 56mg chol; 994mg sodium.

### Cook's note:

You can find pre-packaged slow-cooked and shredded barbecue pork in the meat section of major supermarkets.

Turn two convenience products into a speedy school-night stir-fry.

## QUICK PORK CHOW MEIN

### THE INFO

+ ASIAN  
+ LOW FAT

15

\$3.80  
PER SERVE





**QUICK PORK CHOW MEIN****SERVES** 4**PREP** 5 MINUTES**COOK** 10 MINUTES

350g fresh chow mein noodles  
 ¼ cup oyster sauce  
 ½ teaspoon ground white pepper  
 2 tablespoons salt-reduced soy sauce  
 1 tablespoon peanut oil  
 2 garlic cloves, crushed  
 2cm piece fresh ginger, peeled, finely grated  
 250g packet slow-cooked and shredded barbecue pork  
 1 teaspoon cornflour  
 ½ cup salt-reduced chicken stock  
 225g bag coleslaw mix  
 ¼ cup roughly chopped fresh coriander leaves, plus extra sprigs to serve  
 Lime wedges, to serve

- 1 Place noodles in a heatproof bowl. Cover with boiling water. Stand for 1 to 2 minutes. Drain.
- 2 Meanwhile, combine oyster sauce, white pepper and soy sauce in a bowl. Heat oil in a wok over medium-high heat. Add garlic and ginger. Stir-fry for 1 minute or until fragrant. Add sauce mixture and pork. Stir-fry for 2 to 3 minutes or until heated through.
- 3 Blend cornflour and ½ the stock in a bowl until smooth. Add remaining stock. Stir to combine. Add coleslaw mix, noodles and stock mixture to pork in wok. Stir-fry for 3 to 4 minutes or until heated through and coleslaw mix is beginning to wilt. Add coriander. Toss to combine. Sprinkle with extra coriander sprigs and serve with lime wedges.

**NUTRITION:** (per serve) 1096kJ; 5.5g fat; 1.6g sat fat; 22.1g protein; 28.3g carbs; 3.9g fibre; 28mg chol; 1818mg sodium. ■

**Claire says:**

**FOR THE STICKY HOISIN PULLED PORK BURGERS:**

Instead of the brioche buns, you could use breadrolls, hamburger buns or even hotdog rolls.

**FOR THE QUICK PORK CHOW MEIN:**

No noodles? Rice can easily be substituted. Just add 4 cups cooked rice in step 3.



# DREAMING OF A RENO?

**BEFORE**

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'SPANAKOPITA'  
RISONI

## THE INFO

+ HIGH FIBRE

30

\$2.80  
PER SERVE

# A BIT ON THE SIDE

What's easy to prepare and is packed with nutrients, fibre and flavour? The humble silverbeet makes a comeback in Kim's timeless recipes...

## 'SPANAKOPITA' RISONI

**SERVES 4**

**PREP 15 MINUTES**

**COOK 15 MINUTES**

1½ cups dried risoni

1 bunch silverbeet

¼ cup extra virgin olive oil

2 garlic cloves, thinly sliced

2 green onions, thinly sliced

½ cup pitted green Sicilian olives,  
halved lengthways

2 teaspoons lemon zest

2 tablespoons lemon juice

2 tablespoons roughly chopped  
fresh dill

2 tablespoons chopped fresh  
flat-leaf parsley

100g fetta, crumbled

1 Cook risoni following packet directions until tender. Drain well.

2 Meanwhile, remove and discard stems from silverbeet. Roughly shred leaves.

3 Heat oil in a large frying pan over medium-high heat. Add garlic and green onion. Cook, stirring, for 1 minute or until garlic just starts to turn golden. Add silverbeet leaves. Toss for 4 to 5 minutes or until just starting to wilt.

4 Add risoni, olives, zest, juice, dill, parsley and fetta to pan. Season with salt and pepper. Toss to combine. Serve.

**NUTRITION:** (per serve) 2171kJ; 23.1g fat; 7g sat fat; 15.2g protein; 59g carbs; 5g fibre; 16mg chol; 817mg sodium. >





## BAKED CREAMED SILVERBEET

**SERVES** 6

**PREP** 15 MINUTES

**COOK** 45 MINUTES

**2 bunches silverbeet**

**1 tablespoon extra virgin olive oil**

**1 small brown onion, finely chopped**

**2 garlic cloves, crushed**

**Pinch of nutmeg**

**250g tub spreadable cream cheese**

**⅓ cup thickened light cream for cooking**

**¾ cup finely grated parmesan**

**1** Preheat oven to 200°C/180°C fan-forced.

**2** Remove leaves from silverbeet stems.

Thinly slice stems. Transfer to a bowl.

Roughly shred leaves. Transfer to a separate bowl.

**3** Heat oil in a large, deep frying pan over medium-high heat. Add onion. Cook, stirring, for 5 minutes or until softened.

Add garlic. Cook for 1 minute or until fragrant. Add silverbeet stems. Cook, stirring occasionally, for 5 minutes. Add leaves. Cook for 3 to 4 minutes or until softened. Add nutmeg. Stir to combine.

**4** Add cream cheese and cream. Cook, stirring, for 2 to 3 minutes or until leaves are wilted and cheese is melted and combined. Season well with salt and pepper. Spoon into a 4cm deep, 18cm x 23cm metal baking dish. Sprinkle with parmesan.

**5** Bake for 20 to 25 minutes or until cheese is melted and golden. Serve.

**NUTRITION:** (per serve) 977kJ; 19.9g fat;

11.8g sat fat; 8.6g protein; 3.5g carbs;

2.2g fibre; 48mg chol; 554mg sodium.

BAKED CREAMED  
SILVERBEET

### THE INFO

**\$2.64**  
PER SERVE



STIR-FRIED STICKY  
TERIYAKI SILVERBEET

## THE INFO

+ ASIAN  
+ LOW SATURATED FAT  
+ ONE PAN

25

\$3.69  
PER SERVE

STIR-FRIED STICKY  
TERIYAKI SILVERBEET

SERVES 4

PREP 15 MINUTES COOK 10 MINUTES

1 bunch silverbeet  
1 tablespoon peanut oil  
3 green onions, trimmed,  
cut into 5cm lengths  
2 garlic cloves, thinly sliced  
3cm piece fresh ginger, finely grated  
1 long red chilli, thinly sliced  
150g snow peas, trimmed, halved diagonally  
¼ cup teriyaki sauce  
2 tablespoons honey  
1 teaspoon sesame oil  
2 teaspoons sesame seeds, toasted

1 Remove and discard stems from silverbeet. Cut leaves in half lengthways, removing centre vein.

2 Heat peanut oil in a wok over high heat. Add onion, garlic, ginger, chilli and snow peas. Stir-fry for 2 minutes or until fragrant. Add silverbeet leaves. Stir-fry for 4 to 5 minutes or until just starting to wilt.

3 Add teriyaki sauce, honey and sesame oil. Stir-fry for 1 minute or until combined. Serve sprinkled with sesame seeds.

NUTRITION: (per serve) 642kJ; 6.9g fat; 1.1g sat fat; 3.8g protein; 17.7g carbs; 2.7g fibre; 0mg chol; 810mg sodium. >







#### CRUNCHY SILVERBEET SLAW

#### THE INFO

+ HIGH FIBRE  
+ LOW SATURATED FAT



#### CRUNCHY SILVERBEET SLAW

**SERVES 6**

**PREP 20 MINUTES**

- 1 bunch silverbeet, trimmed
- 1 beetroot, peeled, cut into matchsticks (see notes)
- 1 granny smith apple, cut into matchsticks
- 2 celery stalks, thinly sliced
- $\frac{1}{4}$  cup walnuts, toasted
- 2 tablespoons pepitas, toasted
- 1 teaspoon fennel seeds, roughly crushed
- $\frac{1}{4}$  cup cider vinegar
- $\frac{1}{4}$  cup extra virgin olive oil
- 2 teaspoons dijon mustard
- Pinch of sugar

1 Thinly slice silverbeet leaves and stems. Transfer to a large bowl. Add beetroot,

apple, celery, walnuts and pepitas. Toss to combine.

2 Place fennel seeds, vinegar, oil, mustard and sugar in a screw-top jar. Season with salt and pepper. Secure lid. Shake to combine.

3 Drizzle dressing over salad. Toss gently to combine. Serve immediately (see notes).

**NUTRITION:** (per serve) 724kJ; 14.7g fat; 1.8g sat fat; 3g protein; 5.9g carbs; 3g fibre; 0mg chol; 2.5mg sodium.

#### Cook's notes:

- + Wear disposable gloves when preparing beetroot to prevent staining your hands.
- + Add dressing to salad just before serving to keep vegetables crisp.



## SILVERBEET AND POTATO GRATIN

**SERVES** 4

**PREP** 20 MINUTES (PLUS STANDING)

**COOK** 40 MINUTES

3 medium cream delight potatoes,  
peeled

1 bunch silverbeet, trimmed

20g butter

2 garlic cloves, crushed

¼ cup chicken stock

2 teaspoons wholegrain mustard

½ cup light thickened cream for cooking

½ cup finely grated parmesan

½ cup grated gruyère cheese

2 tablespoons panko breadcrumbs

2 teaspoons chopped fresh thyme leaves,  
plus extra to serve

1 Place potato in a large saucepan of water. Cover. Bring to the boil. Boil for 8 to 10 minutes or until just tender. Drain. Stand for 5 minutes.

2 Meanwhile, remove silverbeet leaves from stems. Roughly chop stems. Transfer to a bowl. Roughly shred leaves. Transfer to a separate bowl.

3 Melt butter in a large frying pan over medium-high heat. Add silverbeet stems. Cook, stirring, for 2 minutes. Add garlic, stock and mustard. Bring to a simmer. Add silverbeet leaves. Cook, stirring, for

2 to 3 minutes or until leaves are just starting to soften (do not wilt). Stir in cream. Season well with salt and pepper. Transfer mixture to a 4cm-deep, 15cm x 26cm (4-cup-capacity) ovenproof dish.

4 Preheat oven to 220°C/200°C fan-forced.

5 Thinly slice potato. Arrange potato over silverbeet mixture, slightly overlapping. Sprinkle with combined parmesan, gruyère, breadcrumbs and thyme. Bake for 20 minutes or until golden and potato is tender. Stand 5 minutes. Serve topped with extra thyme.

**NUTRITION:** (per serve) 1108kJ; 14.1g fat; 8.6g sat fat; 11.3g protein; 21.1g carbs; 3.8g fibre; 35mg chol; 566mg sodium. ■

SILVERBEET AND  
POTATO GRATIN

### THE INFO

**\$3.58**  
PER SERVE

**2**  
SERVES OF  
VEGIES



# 10 MEATBALL *makeovers*

From fancy finger food to hearty mains, spaghetti's sidekick is the hero in these 10 delicious dishes. So, pick your favourite meatball and let's get rolling!



CHEESEBURGER  
MEATBALLS

**THE INFO**

+ KID FRIENDLY

**\$0.49**  
EACH

**40**





VEAL, SUN-DRIED  
TOMATO AND  
PINE NUT MEATBALLS

**THE INFO**

**\$0.45**  
EACH

**30**





## For perfect meatballs:

- + Use mince with a higher fat content as this makes the meatballs tender and moist. If using lean mince, avoid overcooking them.
- + Keep your ingredients cold. If you're cooking ingredients before adding to the mince, make sure you cool them first so you aren't mixing hot ingredients into the cold mince. Keeping the mince cold makes it easier to roll it into balls, and helps the meatballs to hold their shape much better.
- + When mixing the mince, use your hands and not a wooden spoon. Overworking the mixture will result in tough meatballs.
- + Dampen your hands when rolling the meatballs. This stops the mixture sticking to your hands.
- + You can check the flavour of your mixture by cooking a small ball first, tasting it and then adjusting the seasoning accordingly.

## CHEESEBURGER MEATBALLS

**MAKES** 28

**PREP** 20 MINUTES

**COOK** 20 MINUTES

*YOU'LL NEED TOOTHPICKS TO MAKE THIS RECIPE.*

**500g beef mince**

**1 egg, lightly beaten**

**2 eschalots, finely chopped**

**2 tablespoons barbecue sauce**

**2 cups fresh breadcrumbs**

**Extra virgin olive oil, for shallow frying**

**5 slices sliced tasty cheese**

**14 cornichons, halved lengthways**

**Tomato Dipping Sauce**

**1 cup tomato purée**

**2 tablespoons barbecue sauce**

**2 tablespoons apple cider vinegar**

**1 tablespoon brown sugar**

**1 tablespoon worcestershire sauce**

1 Place mince, egg, eschalot, barbecue sauce and  $\frac{3}{4}$  cup breadcrumbs in a bowl. Season with salt and pepper. Mix well. Roll level tablespoons of

mince mixture into balls. Place remaining breadcrumbs on a plate. Roll meatballs in breadcrumbs to coat.

2 Pour enough oil into a large frying pan to cover the base. Heat over medium heat. Cook meatballs, in batches, turning, for 5 to 7 minutes or until browned all over and cooked through. Transfer to a baking tray.

**3 Meanwhile, make Tomato Dipping Sauce**

Combine tomato purée, barbecue sauce, vinegar, sugar and worcestershire sauce in a saucepan over medium heat. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 2 to 3 minutes or until mixture has thickened slightly.

4 Preheat grill on high. Cut each cheese slice into 6 pieces (you'll only need 28 pieces). Top each meatball with cheese. Grill for 1 minute or until cheese just starts to melt. Top with cornichon and secure with toothpicks. Serve meatballs with dipping sauce.

**NUTRITION:** (each) 392kJ; 5g fat; 1.8g sat fat; 5.9g protein; 5.9g carbs; 0.4g fibre; 20mg chol; 194mg sodium.

## VEAL, SUN-DRIED TOMATO AND PINE NUT MEATBALLS

**MAKES** 28

**PREP** 15 MINUTES

**COOK** 15 MINUTES

**500g veal mince**

**$\frac{3}{4}$  cup fresh breadcrumbs**

**1 egg, lightly beaten**

**$\frac{1}{3}$  cup sun-dried tomatoes, finely chopped**

**2 tablespoons pine nuts, toasted**

**1 tablespoon finely chopped fresh basil, plus extra leaves to serve**

**2 tablespoons extra virgin olive oil**

**Creamy Pesto Dipping Sauce**

**1 cup firmly packed fresh basil leaves**

**1 garlic clove, chopped**

**2 tablespoons grated parmesan**

**1 tablespoon pine nuts, toasted**

**2 tablespoons extra virgin olive oil**

**1 tablespoon lemon juice**

**$\frac{1}{4}$  cup sour cream**

1 Place mince, breadcrumbs, egg, tomato, pine nuts and basil in a bowl. Season



CHEESEBURGER  
MEATBALLS

### THE INFO

+ KID FRIENDLY

\$0.49  
EACH

40



# VEAL, SUN-DRIED TOMATO AND PINE NUT MEATBALLS

## THE INFO

\$0.45  
EACH

30

# SATAY NOODLES AND MEATBALLS

## THE INFO

+ ASIAN

\$3.75  
PER SERVE

40



with salt and pepper. Mix well. Roll level tablespoons of mince mixture into balls.

**2** Heat oil in a large frying pan over medium-high heat. Cook meatballs, in batches, turning, for 5 to 7 minutes or until browned all over and cooked through. Drain on paper towel.

**3 Meanwhile, make Creamy Pesto**

**Dipping Sauce** Place basil, garlic, parmesan and pine nuts in a small food processor. Process until finely chopped. With motor operating, gradually add oil and lemon juice until pesto is almost smooth. Add sour cream. Process until combined. Serve meatballs with dipping sauce and extra basil leaves.

**NUTRITION:** (each) 364kJ; 6.2g fat; 1.7g sat fat; 5.2g protein; 2.5g carbs; 0.6g fibre; 24mg chol; 48mg sodium.

# SATAY NOODLES AND MEATBALLS

**SERVES 4**

**PREP 20 MINUTES COOK 20 MINUTES**

**4 green onions**

**500g pork mince**

**¾ cup fresh breadcrumbs**

**1 egg, lightly beaten**

**2 tablespoons peanut oil**

**1 small red capsicum, finely chopped**

**1 garlic clove, crushed**

**¼ cup crunchy peanut butter**

**270ml can coconut milk**

**2 tablespoons sweet chilli sauce**

**1 tablespoon kecap manis**

**2 teaspoons fish sauce**

**1 tablespoon lime juice**

**450g packet fresh thin hokkien noodles**

**Steamed baby pak choy, lime wedges and fresh coriander leaves, to serve**

**1** Finely chop ½ the onions. Thinly slice remaining onions. Set aside. Place mince, breadcrumbs, egg and finely chopped onion

in a bowl. Season. Mix well. Roll 2 level teaspoons of mince mixture into balls.

**2** Heat ½ the oil in a large, deep frying pan over medium-high heat. Cook meatballs, in batches, turning, for 4 to 5 minutes or until browned all over. Drain on paper towel.

**3** Heat remaining oil in the same pan over medium heat. Add capsicum, garlic and sliced onion. Cook, stirring, for 2 to 3 minutes or until capsicum is softened. Add peanut butter, coconut milk, chilli sauce, kecap manis, fish sauce, juice and ⅓ cup water. Cook, stirring, for 2 to 3 minutes or until heated through.

**4** Return meatballs to pan. Bring to a simmer. Simmer, stirring occasionally, for 3 to 4 minutes or until meatballs are cooked through.

**5** Meanwhile, prepare noodles following packet directions. Drain well. Serve noodles with meatballs, steamed pak choy and lime wedges. Sprinkle with coriander.

**NUTRITION:** (per serve) 3496kJ; 44.8g fat; 17.9g sat fat; 44.5g protein; 61.9g carbs; 4.1g fibre; 114mg chol; 1022mg sodium. ➤



## LAMB MEATBALL SAGANAKI

### THE INFO

\$3.69  
PER SERVE

55

2  
SERVES OF  
VEGIES



## LAMB MEATBALL SAGANAKI

**SERVES** 4

**PREP** 20 MINUTES

**COOK** 35 MINUTES

500g lamb mince

$\frac{3}{4}$  cup fresh breadcrumbs

1 egg, lightly beaten

$\frac{1}{4}$  cup finely chopped fresh oregano

1 brown onion, finely chopped

2 tablespoons extra virgin olive oil

3 garlic cloves, crushed

$\frac{1}{2}$  cup dry white wine

400g can diced tomatoes

$\frac{1}{2}$  cup beef stock

$\frac{3}{4}$  cup pitted kalamata olives

100g feta, crumbled

$\frac{1}{4}$  cup chopped fresh flat-leaf parsley

Cooked risoni and green salad, to serve

1 Place mince, breadcrumbs, egg, oregano and  $\frac{1}{3}$  of the onion in a bowl. Season

with salt and pepper. Mix well. Roll level tablespoons of mince mixture into balls.

2 Heat  $\frac{1}{2}$  the oil in a large deep frying pan over medium-high heat. Cook meatballs, in batches, turning, for 4 to 5 minutes or until browned all over. Drain on paper towel.

3 Heat remaining oil in pan over medium heat. Add remaining onion. Cook, stirring, for 5 minutes or until onion is softened. Add garlic. Cook for 1 minute. Add wine. Simmer, stirring, for 1 minute. Stir in tomatoes and stock. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 10 minutes.

4 Return meatballs to pan. Add olives. Simmer, stirring occasionally, for 4 to 5 minutes or until meatballs are cooked through. Sprinkle with feta and parsley. Serve with risoni and salad.

**NUTRITION:** (per serve) 3487kJ; 32.1g fat; 9.8g sat fat; 46.9g protein; 79.9g carbs; 7.3g fibre; 138mg chol; 1106mg sodium.

## LAMB MEATBALL TAGINE

**SERVES** 4

**PREP** 20 MINUTES

**COOK** 25 MINUTES

500g lamb mince

$\frac{3}{4}$  cup fresh breadcrumbs

1 egg, lightly beaten

1 brown onion, finely chopped

2 tablespoons extra virgin olive oil

2 garlic cloves, crushed

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon ground turmeric

$\frac{1}{2}$  teaspoon ground ginger

1 cup beef stock

2 tomatoes, chopped

$\frac{1}{2}$  cup raisins

75g baby spinach

$\frac{1}{3}$  cup plain Greek-style yoghurt

$\frac{1}{2}$  cup fresh coriander leaves

$\frac{1}{4}$  cup slivered almonds, toasted

Roasted dutch (baby) carrots and red onion, and couscous, to serve

1 Place mince, breadcrumbs, egg and  $\frac{1}{2}$  the onion in a bowl. Season with salt and pepper. Mix well. Roll level tablespoons of mince mixture into balls.

2 Heat  $\frac{1}{2}$  the oil in a large, deep frying pan over medium-high heat. Cook meatballs, in batches, turning, for 4 to 5 minutes or until browned all over. Drain on paper towel.

3 Heat remaining oil in pan over medium heat. Add remaining onion. Cook, stirring, for 5 minutes or until onion is softened. Add garlic, cumin, ground coriander, turmeric and ginger. Cook for 1 minute or until fragrant. Stir in stock, tomato and raisins.

4 Return meatballs to pan. Bring to a simmer. Simmer, stirring occasionally, for 4 to 5 minutes or until meatballs are cooked through. Stir in spinach. Cook for 1 minute or until spinach is just wilted. Dollop with yoghurt. Sprinkle tagine with fresh coriander and almonds. Serve with roasted carrots and onion, and couscous.

**NUTRITION:** (per serve) 2988kJ; 27.3g fat; 7.1g sat fat; 41.4g protein; 71.3g carbs; 8g fibre; 127mg chol; 605mg sodium. >





LAMB MEATBALL  
TAGINE

THE INFO

\$3.46  
PER SERVE

45

2.5  
SERVES OF  
VEGIES





## TANDOORI LAMB MEATBALLS WITH MINTED YOGHURT

**MAKES 25**

**PREP 15 MINUTES COOK 15 MINUTES**

500g lamb mince

$\frac{3}{4}$  cup fresh breadcrumbs

1 egg, lightly beaten

1 tablespoon tandoori paste

2 tablespoons finely chopped fresh coriander

2 tablespoons vegetable oil

Fresh mint leaves, to serve

### Minted Yoghurt

1½ cups plain Greek-style yoghurt

1 tablespoon lemon juice

2 tablespoons finely shredded fresh mint

1 Place mince, breadcrumbs, egg, tandoori paste and coriander in a bowl. Season with salt and pepper. Mix well. Roll level tablespoons of mince mixture into balls.

2 Heat oil in a large frying pan over medium-high heat. Cook meatballs, in batches, turning, for 5 to 7 minutes or until browned and cooked through. Drain on paper towel.

3 **Meanwhile, make Minted Yoghurt** Place yoghurt, lemon juice and mint in a bowl. Season with salt and pepper. Mix well to combine. Serve meatballs with minted yoghurt and mint leaves.

**NUTRITION:** (each) 308kJ; 4.6g fat;

1.7g sat fat; 5.5g protein; 2.4g carbs;

0.1g fibre; 22mg chol; 74mg sodium.

## CHICKEN AND BACON RANCH MEATBALLS

**MAKES 26**

**PREP 20 MINUTES COOK 25 MINUTES**

*YOU'LL NEED TOOTHPICKS FOR THIS RECIPE.*

500g chicken mince

1 egg, lightly beaten

1 cup fresh breadcrumbs

1 tablespoon barbecue sauce

$\frac{1}{4}$  cup finely chopped fresh chives

7 rashers streaky bacon, rind removed

2 tablespoons extra virgin olive oil

### Ranch Dipping Sauce

$\frac{1}{2}$  cup whole-egg mayonnaise

$\frac{1}{2}$  cup sour cream

$\frac{1}{4}$  cup buttermilk (see note)

75g Danish blue cheese, crumbled

1 Place mince, egg, breadcrumbs, barbecue sauce and 2 tablespoons chives in a bowl. Season with salt and pepper. Mix well. Roll level tablespoons of mince mixture into oval shaped meatballs.

2 Cut each bacon rasher in half crossways, then in half lengthways (you'll only need 26 pieces). Wrap 1 piece of bacon around each meatball, securing with a toothpick.

3 Heat oil in a frying pan over medium heat. Cook meatballs, in batches, turning, for 8 to 10 minutes or until browned all over and cooked through. Drain on paper towel.

## 4 Meanwhile, make Ranch Dipping Sauce

Place mayonnaise, sour cream and buttermilk in a bowl. Stir to combine.

Season with salt and pepper. Stir in remaining chives and cheese.

5 Serve meatballs with dipping sauce.

**NUTRITION:** (each) 545kJ; 10.4g fat;

3.4g sat fat; 6.9g protein; 2.6g carbs;

0.1g fibre; 34mg chol; 222mg sodium.

## MINI PORTUGUESE MEATBALLS WITH SPICY APPLE DIPPING SAUCE

**MAKES 55**

**PREP 20 MINUTES COOK 15 MINUTES**

3 chorizo sausages, chopped (see notes)

250g peeled medium green prawns

1 egg, lightly beaten

1 teaspoon finely grated lemon rind

2 cups panko breadcrumbs (see notes)

$\frac{1}{2}$  small red capsicum, finely chopped

3 green onions, trimmed, finely chopped

Extra virgin olive oil, for shallow frying

2 x 140g tubs apple purée

1 teaspoon piri-piri seasoning

1 Using a food processor, process chorizo and prawns until finely chopped. Add egg, rind and  $\frac{1}{2}$  cup breadcrumbs. Process until combined. Stir in capsicum and  $\frac{1}{2}$  the onion. Season with salt and pepper. Roll 2 level teaspoons of chorizo mixture into balls.

Place remaining breadcrumbs on a plate.

Roll meatballs in breadcrumbs to coat.

2 Pour enough oil into a large frying pan to cover the base. Heat over medium heat. Cook meatballs, in batches, turning, for 2 to 3 minutes or until browned and cooked through. Drain on paper towel.

3 Combine purée, piri-piri and remaining onion in a saucepan over medium-high heat. Bring to the boil. Reduce heat to low. Simmer for 2 to 3 minutes or until thickened.

4 Serve meatballs with dipping sauce.

**NUTRITION:** (each) 195kJ; 2.3g fat;

0.6g sat fat; 2.4g protein; 4g carbs;

0.1g fibre; 12mg chol; 95mg sodium. >

TANDOORI LAMB MEATBALLS WITH MINTED YOGHURT

### THE INFO

+ SUPER EASY

\$0.48 EACH

30

### Cook's note:

+ If you don't have buttermilk, combine  $\frac{1}{4}$  cup milk with 1 teaspoon lemon juice.

+ You can remove the skin from the chorizo before processing to stop it clumping.

+ Panko breadcrumbs can be found in the Asian aisle of supermarkets.



CHICKEN AND BACON  
RANCH MEATBALLS

THE INFO

\$0.62  
EACH

45



MINI PORTUGUESE  
MEATBALLS WITH  
SPICY APPLE  
DIPPING SAUCE

THE INFO

\$0.31  
EACH

35





## SWEDISH MEATBALLS

### THE INFO

**\$3.53**  
PER SERVE

**35**

**4**  
SERVES OF  
VEGIES



## SWEDISH MEATBALLS

**SERVES 4**

**PREP 15 MINUTES**

**COOK 20 MINUTES**

**½ cup fresh breadcrumbs**

**¾ cup thickened cream**

**250g pork mince**

**250g beef mince**

**½ brown onion, finely  
chopped**

**1 egg, lightly beaten**

**½ cup cold mashed potato**

**¼ teaspoon ground allspice**

**1 tablespoon extra virgin olive oil**

**30g butter**

**1½ tablespoons plain flour**

**1½ cups beef stock**

**3 teaspoons worcestershire sauce**

**¼ cup cranberry sauce, to serve**

**Steamed green beans and extra mashed  
potato, to serve**

**2 tablespoons fresh dill sprigs**

**1** Combine breadcrumbs and ¼ cup cream in a bowl. Stand for 5 minutes. Add mince, onion, egg, potato and allspice. Season with salt and pepper. Mix well. Roll 2 level tablespoons of mince mixture into balls.

**2** Heat oil in a large, deep frying pan over medium-high heat. Cook meatballs, in batches, turning, for 4 to 5 minutes or until browned all over. Drain on paper towel.

**3** Melt butter in pan over medium heat. Add flour. Cook, stirring, for 1 minute or until mixture bubbles. Gradually stir in stock, worcestershire sauce and remaining cream. Bring to the boil.

**4** Return meatballs to pan. Simmer, stirring occasionally, for 5 to 7 minutes or until meatballs are cooked through and sauce has thickened. Serve with cranberry sauce, beans and extra mash. Sprinkle with dill.

**NUTRITION:** (per serve) 3249kJ; 45.1g fat; 23.9g sat fat; 39.1g protein; 50.6g carbs; 7.3g fibre; 184mg chol; 824mg sodium.

## VEAL MEATBALLS WITH SALSA VERDE

**SERVES 4**

**PREP 15 MINUTES**

**COOK 20 MINUTES**

**375g dried farfalle pasta**

**500g veal mince**

**¾ cup fresh breadcrumbs**

**1 egg, lightly beaten**

**1 red onion, finely chopped**

**2 garlic cloves, crushed**

**2 tablespoons extra virgin olive oil**

**1 cup finely chopped fresh  
flat-leaf parsley leaves**

**½ cup finely chopped fresh chives**

**⅓ cup finely chopped fresh dill leaves**

**1 tablespoon wholegrain mustard**

**1 tablespoon lemon juice**

**⅓ cup grated parmesan**

**Crusty bread, to serve**

**1** Cook pasta following packet directions. Drain, reserving ¼ cup cooking water.

Return pasta to pan. Cover to keep warm.

**2** Meanwhile, place mince, breadcrumbs, egg and ½ each of the onion and garlic in a bowl. Season with salt and pepper. Mix well. Roll 2 level tablespoons of mince mixture into balls.

**3** Heat ½ the oil in a large frying pan over medium-high heat. Cook meatballs, in batches, turning, for 5 to 7 minutes or until browned all over and cooked through. Drain on paper towel.

**4** Meanwhile, combine parsley, chives, dill, mustard, lemon juice and remaining onion, garlic and oil in a bowl to make salsa verde. Add meatballs, salsa verde and reserved cooking water to pasta in pan. Toss gently to combine. Sprinkle with parmesan. Serve with crusty bread.

**NUTRITION:** (per serve) 3470kJ; 24g fat; 7g sat fat; 49.4g protein; 100.3g carbs; 6.9g fibre; 156mg chol; 855mg sodium. ■





VEAL MEATBALLS  
WITH SALSA VERDE

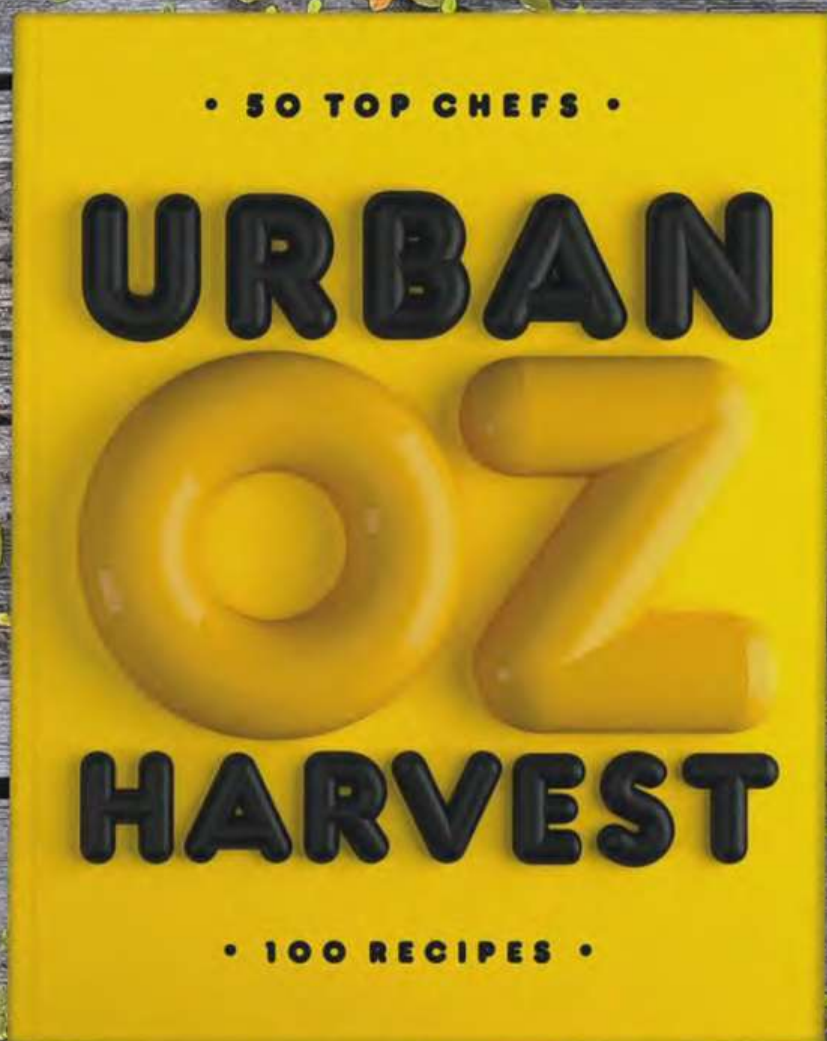
THE INFO

\$3.21  
PER SERVE

35







## **THE NEW COOKBOOK FROM OZHARVEST**

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## SPICED LAMB SKEWERS WITH BEETROOT HUMMUS

**SERVES 4**

**PREP** 20 MINUTES (PLUS MARINATING  
AND STANDING) **COOK** 10 MINUTES

**YOU'LL NEED 8 PRE-SOAKED**

**BAMBOO SKEWERS.**

- 2 teaspoons finely grated orange rind
- 3 teaspoons ground cumin
- 3 teaspoons ground coriander
- ¼ teaspoon dried chilli flakes
- 2½ tablespoons extra virgin olive oil
- 650g lamb leg steaks, trimmed,  
cut into 3cm cubes
- 400g can lentils, drained, rinsed
- 80g baby kale leaves
- ⅓ cup fresh mint leaves
- ¼ cup roughly chopped walnuts, toasted
- 2 tablespoons orange juice
- 4 pita bread, to serve

### Beetroot Hummus

- 2 teaspoons extra virgin olive oil
- 2 garlic cloves, crushed
- 1 teaspoon ground cumin
- 250g packet cooked whole baby  
beetroot, quartered
- 400g can chickpeas, drained, rinsed
- ¼ cup orange juice
- 1 tablespoon tahini
- ¼ cup plain Greek-style yoghurt
- 1 tablespoon roughly chopped  
fresh mint leaves

1 Combine orange rind, cumin, ground coriander, chilli flakes and 2 tablespoons oil in a shallow glass or ceramic dish. Add lamb. Toss to coat. Cover. Refrigerate for 4 hours or overnight, if time permits.

2 **Meanwhile, make Beetroot Hummus** Heat oil in a small frying pan over medium heat. Add garlic and cumin. Cook for 1 minute or until fragrant. Process beetroot, chickpeas, juice, tahini, yoghurt, mint and garlic mixture in a food processor until smooth. Season. Transfer to a bowl. Cover. Refrigerate.

3 Thread lamb onto skewers. Heat a barbecue chargrill on medium heat. Cook skewers, turning, for 8 minutes for medium or until cooked to your liking. Transfer to a plate. Cover with foil. Stand for 5 minutes.

4 Combine lentils, kale, mint, walnuts, juice and remaining oil in a bowl. Season. Serve skewers with lentil salad, hummus and pita bread.

**NUTRITION:** (per serve) 3439kJ; 36.5g fat; 7.1g sat fat; 52.3g protein; 65.8g carbs; 12.8g fibre; 108mg chol; 1008mg sodium. ■

# WEEKEND

DON YOUR DIRNDL AND CELEBRATE  
**OKTOBERFEST** » OUR **KIDS' PARTY** BRINGS  
A MOMENT OF MAGIC » SINK YOUR FANGS  
INTO **DRACULA'S SWEET SANDWICHES**



SPICED LAMB  
SKEWERS WITH  
BEETROOT HUMMUS

### THE INFO

+ HIGH FIBRE  
+ HIGH IN IRON

**\$6.90**  
PER SERVE

**2**  
SERVES OF  
VEGIES





# GO CUCKOO FOR SCHNITZEL



**Claire says:** Pretzels, schnitty, kuchen – we're celebrating Oktoberfest with all our favourite German dishes... and maybe a beer, or two!





SCHNITZEL  
PLATTER

## THE INFO

\$2.95  
PER SERVE

## Menu

**STARTER**  
Pretzels with  
Roasted Garlic and  
Mustard Butter

**SIDES**  
Asparagus, Carrot  
and Baby Kale Slaw  
Creamy German-  
style Potato Salad  
Sweet and Sour  
Braised Cabbage

**MAIN**  
Schnitzel Platter

**CONDIMENTS**  
Herb Mayonnaise

Jaeger Sauce

**DESSERT**  
Show-stopping  
Black Forest Cake



## Time plan

## 1 DAY AHEAD

- Make Show-stopping Black Forest Cake up to the end of step 7.
- Make Herb Mayonnaise. Refrigerate.
- Make Pretzels with Roasted Garlic and Mustard Butter.

## 4 HOURS BEFORE GUESTS ARRIVE

- Make Asparagus Carrot and Baby Kale Slaw up to the end of step 2. Refrigerate.

- Make Schnitzel Platter up to the end of step 2.

## 2 HOURS BEFORE GUESTS ARRIVE

- Complete Show-stopping Black Forest Cake.

## 1 HOUR BEFORE GUESTS ARRIVE

- Remove Roasted Garlic and Mustard Butter from fridge.
- Make Creamy German-style Potato Salad.

- Make Sweet and Sour Braised Cabbage. Cover to keep warm.

## JUST BEFORE SERVING

- Reheat pretzels in a 180°C/160°C fan-forced oven for 10 minutes or until warm.
- Complete Asparagus Carrot and Baby Kale Slaw.
- Make Jaeger Sauce.
- Complete Schnitzel Platter.





PRETZELS WITH  
ROASTED GARLIC AND  
MUSTARD BUTTER

## THE INFO

**\$0.54**  
EACH

ASPARAGUS,  
CARROT AND BABY  
KALE SLAW

## THE INFO

+ HIGH FIBRE

**\$1.60**  
PER SERVE

20

### PRETZELS WITH ROASTED GARLIC AND MUSTARD BUTTER

**SERVES** 8 (AS A STARTER)

**PREP** 1 HOUR (PLUS STANDING)

**COOK** 40 MINUTES

**7g sachet dry yeast**

**1 tablespoon caster sugar**

**2½ cups bread and pizza flour,**  
plus extra for dusting

**1 teaspoon salt**

**1 tablespoon dark brown sugar**

**¼ cup bicarbonate of soda**

**1 egg, lightly beaten**

**1 tablespoon sea salt**

#### Mustard Butter

**2 large garlic cloves, unpeeled**

**2 teaspoons extra virgin olive oil**

**160g butter, softened**

**1 tablespoon wholegrain mustard**

1 Place 1 cup warm water, yeast and ½ the caster sugar in a medium jug. Stir well to combine. Stand in a warm place for 10 minutes or until frothy. Sift flour into a large bowl. Stir in salt and remaining caster sugar. Make a well. Add yeast mixture. Using a butter knife, gently stir

mixture until a soft, sticky dough forms, adding a little more water if necessary. Using an electric mixer fitted with a dough hook, knead for 5 minutes or until smooth (see Claire's tips).

2 Place dough in a lightly oiled bowl. Cover with greased plastic wrap. Stand in a warm place for 1 hour or until doubled in size.

#### 3 Meanwhile, make Mustard Butter

Preheat oven to 220°C/200°C fan-forced. Place garlic on a piece of foil. Drizzle with oil. Bring edges of foil together and twist top to enclose. Roast for 20 minutes or until tender. Stand for 30 minutes to cool. Squeeze garlic from skins into a bowl. Add butter and mustard. Mash with a fork until well combined.

4 Punch dough down. Turn out onto a lightly floured surface. Divide into 8 equal portions. Roll out each portion into a 40cm-long log. Twist to create a pretzel shape (see Claire's tips). Place on a large baking tray lined with baking paper. Stand in a warm place for 30 minutes.

5 Half fill a large saucepan with water. Bring to a simmer over medium heat. Add brown sugar and bicarbonate of soda

(see Claire's tips). Add pretzels, 2 at a time, to simmering water. Cook for 30 seconds each side. Drain on paper towel. Stand for 30 seconds. Transfer to a large baking tray lined with baking paper (pretzels will stick to paper towel if left for too long).

6 Brush pretzels with egg. Sprinkle with sea salt and season with pepper. Bake for 12 minutes or until dark golden. Transfer to a wire rack to cool slightly. Serve pretzels with butter.

**NUTRITION:** (each) 1468kJ; 18.9g fat; 11.3g sat fat; 6.9g protein; 37.7g carbs; 2.3g fibre; 53mg chol; 1240mg sodium.

### Claire says:

+ If you don't have an electric mixer with a dough hook, turn dough out onto a lightly floured surface. Knead dough for 7 to 8 minutes or until smooth.

+ Arrange each log into a horseshoe shape with ends facing away from you. Twist ends together twice. Fold twisted ends down to meet curve.

+ Take care as mixture will fizz and bubble.



CREAMY  
GERMAN-STYLE  
POTATO SALAD

## THE INFO

\$1.39  
PER SERVE2  
VEGIES PER  
SERVEASPARAGUS, CARROT  
AND BABY KALE SLAW

SERVES 8 (AS A SIDE)

PREP 20 MINUTES

- 1 bunch asparagus, trimmed
- 2 carrots, peeled, cut into matchsticks
- ½ small (400g) green cabbage, finely shredded
- 2 cups baby kale, shredded
- 3 green onions, thinly sliced diagonally
- ½ cup roughly chopped fresh mint leaves
- ½ cup reserved mayonnaise (see recipe, right)
- ¼ cup lemon juice
- 1½ teaspoons fennel seeds, crushed

- 1 Cut asparagus in half crossways. Thinly slice each piece lengthways.
- 2 Combine asparagus, carrot, cabbage, kale, onion and mint in a large bowl.
- 3 Stir mayonnaise, lemon juice and fennel seeds in a jug. Season with salt and pepper. Add to cabbage mixture. Toss to combine. Serve.

NUTRITION: (per serve) 730kJ; 15.2g fat; 2.2g sat fat; 2.7g protein; 5.5g carbs; 4.4g fibre; 22mg chol; 221mg sodium.

CREAMY GERMAN-STYLE  
POTATO SALAD

SERVES 8 (AS A SIDE)

PREP 20 MINUTES (PLUS STANDING AND REFRIGERATION) COOK 25 MINUTES

- ⅓ cup cider vinegar
- 1 small red onion, halved, thinly sliced
- 4 sweet and sour cucumbers, thinly sliced
- 1.2kg desiree potatoes (unpeeled)
- 2 teaspoons extra virgin olive oil
- 2 middle bacon rashers, trimmed, finely chopped
- ½ cup reserved mayonnaise (see recipe, right)
- ¼ cup sour cream
- ¼ cup roughly chopped fresh flat-leaf parsley leaves
- 2 tablespoons roughly chopped fresh dill

- 1 Place vinegar, onion and cucumber in a large heatproof bowl. Cook potatoes in a large saucepan of boiling salted water for 15 to 20 minutes or until tender. Drain. When cool enough to handle, peel potatoes and thickly slice. Add to bowl. Carefully toss to combine. Set aside for 1 hour, tossing occasionally.

2 Meanwhile, heat oil in a frying pan over medium-high heat. Cook bacon for 4 to 5 minutes or until golden and crispy. Drain on paper towel.

3 Stir mayonnaise, sour cream and 1 tablespoon water in a small bowl. Season. Add mayonnaise mixture and ¾ each of the bacon, parsley and dill to potato mixture. Gently stir to combine. Refrigerate for 30 minutes.

4 Sprinkle with remaining bacon, parsley and dill. Serve.

NUTRITION: (per serve) 1236kJ; 20g fat; 4.6g sat fat; 5.9g protein; 20.8g carbs; 2.5g fibre; 38mg chol; 454mg sodium.

## HERB MAYONNAISE

MAKES 2 CUPS

PREP 30 MINUTES

1 CUP OF THIS MAYONNAISE IS FOR THE SCHNITZEL PLATTER (SEE RECIPE P72). THE REMAINDER, WITHOUT HERBS, IS FOR THE SLAW AND POTATO SALAD RECIPES.

- 4 egg yolks
- 2 teaspoons dijon mustard
- 1 tablespoon cider vinegar
- 2 teaspoons salt
- ½ teaspoon white pepper
- 2 cups extra light olive oil
- 1 tablespoon finely chopped fresh dill
- 1 tablespoon finely chopped fresh flat-leaf parsley leaves

- 1 Process yolks, mustard, vinegar, salt and pepper in food processor until combined.
- 2 With motor operating, add oil in a slow, steady stream until mixture is thick and creamy. Transfer to a bowl. Add 1 tablespoon warm water. Stir to combine.
- 3 Reserve half the mayonnaise for the slaw and potato salad recipes (left). Stir dill and parsley into remaining mayonnaise. Serve with Schnitzel Platter (see recipe, p72).

NUTRITION: (herb mayo only, per tablespoon) 744kJ; 19.8g fat; 2.9g sat fat; 0.1g protein; 0.1g carbs; 0.1g fibre; 30mg chol; 212mg sodium. ➤



## Claire says:

**FOR THE SLAW and POTATO SALAD:** If you don't want to make your own mayonnaise,

use bought whole-egg mayonnaise instead.

**FOR THE HERB MAYONNAISE:** Store in an airtight container in the fridge for up to 4 days. Stir before using.





**SWEET AND SOUR BRAISED CABBAGE**

## THE INFO

+ HIGH FIBRE  
+ ONE PAN

**\$0.95**  
PER SERVE



## JAEGER SAUCE

**MAKES 2 CUPS (SERVES 8)**

**PREP 15 MINUTES COOK 20 MINUTES**

**1** tablespoon extra virgin olive oil

**20g** butter

**2** eschalots, finely chopped

**2** middle bacon rashers, trimmed, finely chopped

**500g** cup mushrooms, sliced

**½ cup** white wine

**2** teaspoons plain flour

**½ cup** salt-reduced beef stock

**300ml** light thickened cooking cream

**1** Heat oil and butter in large frying pan over medium-high heat. Add eschalot and bacon. Cook for 5 minutes or until bacon is golden. Add mushroom. Cook, stirring occasionally, for 5 minutes or until tender. Add wine. Simmer for 2 to 3 minutes or until reduced by half. Add flour. Cook, stirring, for 1 minute. **2** Reduce heat to low. Add stock and cream. Simmer for 5 minutes or until slightly thickened. Season. Serve with schnitzel.

**NUTRITION:** (per serve) 669kJ; 12.3g fat; 6.5g sat fat; 5.8g protein; 3.5g carbs; 1.6g fibre; 29mg chol; 300mg sodium.

## SCHNITZEL PLATTER

**SERVES 8 (AS PART OF A BANQUET)**

**PREP 30 MINUTES (PLUS REFRIGERATION)**

**COOK 30 MINUTES**

**3** cups fresh breadcrumbs

**½ cup** finely grated parmesan

**3** teaspoons garlic powder

**2** teaspoons dried thyme

**1** tablespoon finely chopped fresh flat-leaf parsley

**3** eggs

**½ cup** plain flour

**4** chicken schnitzel (uncrumbed)

**4** veal schnitzel, uncrumbed

**Vegetable oil, for shallow frying**

**Lemon wedges, Herb Mayonnaise (recipe p71) and Jaeger Sauce (left), to serve**

**1** Combine breadcrumbs, parmesan, garlic powder and thyme in a bowl. Season with

salt and pepper. Spoon half the mixture onto a plate. Add parsley to remaining mixture.

Stir to combine. Spoon onto a separate plate.

**2** Whisk eggs in a shallow bowl. Place flour on a plate. Coat each schnitzel in flour, shaking off excess. Dip in egg. Coat chicken in plain breadcrumb mixture and veal in parsley breadcrumb mixture. Transfer to a plate. Cover. Refrigerate for 30 minutes.

**3** Add enough oil to a large deep frying pan to come 5mm up side of pan. Heat over medium-high heat. Cook schnitzel, in batches, for 5 minutes each side or until golden and cooked through. Drain on paper towel. Cover to keep warm. Serve with lemon wedges, mayonnaise and sauce.

**NUTRITION:** (schnitzel only per serve) 1482kJ; 12.2g fat; 3.5g sat fat; 37.4g protein; 23.2g carbs; 1.4g fibre; 165mg chol; 389mg sodium.

## SWEET AND SOUR BRAISED CABBAGE

**SERVES 8 (AS A SIDE)**

**PREP 20 MINUTES COOK 40 MINUTES**

**20g** butter, plus extra to serve

**1** brown onion, halved, sliced

**700g** small red cabbage, trimmed, halved, shredded

**1** granny smith apple, peeled, grated

**½ cup** dark brown sugar

**¼** teaspoon ground nutmeg

**¼** teaspoon ground cinnamon

**2** whole cloves

**1** dried bay leaf

**½ cup** cider vinegar

**½ cup** apple juice

**¼ cup** red wine

**3** teaspoons cornflour

**Chopped fresh flat-leaf parsley, to serve**

**1** Melt butter in a deep frying pan over medium heat. Add onion. Cook for 5 minutes or until softened. Add cabbage. Cook for 3 minutes. Add apple, sugar, nutmeg, cinnamon, cloves, bay leaf, vinegar, juice and wine. Bring to a simmer. Reduce heat to low. Simmer for 25 minutes or until cabbage is tender.

**2** Discard bay leaf and cloves. Place cornflour in a bowl. Add 2 tablespoons of cooking liquid. Stir until smooth. Add to cabbage mixture. Cook, stirring, for 2 to 3 minutes or until mixture thickens. Season. Sprinkle with parsley and top with extra butter. Serve.

**NUTRITION:** (per serve) 475kJ; 2.3g fat; 1.4g sat fat; 2.1g protein; 17.9g carbs; 3.7g fibre; 4mg chol; 100mg sodium ➤



SCHNITZEL  
PLATTER

THE INFO

\$2.95  
PER SERVE

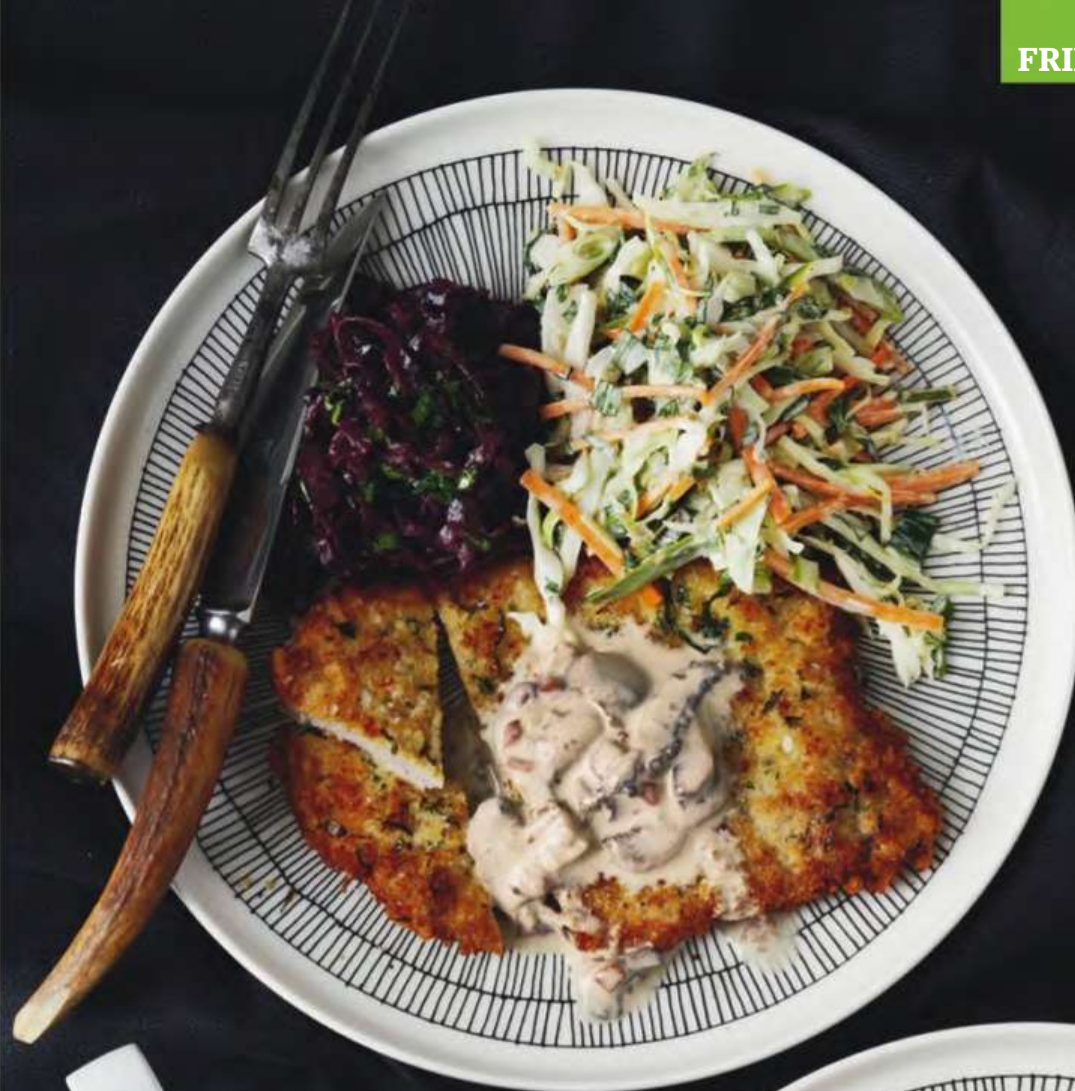


HERB  
MAYONNAISE

THE INFO

\$0.66  
PER SERVE

30



JAEGER  
SAUCE

THE INFO

\$1.59  
PER SERVE

35





SHOW-STOPPING  
BLACK FOREST CAKE

## THE INFO

**\$3.31**  
PER SERVE





## SHOW-STOPPING BLACK FOREST CAKE

**SERVES** 12

**PREP** 30 MINUTES (PLUS COOLING AND REFRIGERATION) **COOK** 1 HOUR

300g frozen cherries, thawed  
1 tablespoon cherry brandy (kirsch)  
1½ teaspoons vanilla bean paste  
375g butter, chopped  
2 cups caster sugar  
3 x 180g blocks dark chocolate, chopped  
1 cup plain flour  
½ cup self-raising flour  
¼ teaspoon bicarbonate of soda  
¾ cup dutch-processed cocoa  
4 eggs, lightly beaten  
1 cup milk  
300ml thickened cream, whipped  
Extra ½ cup thickened cream  
Maraschino cherries, drained, to serve  
**Whipped Chocolate Ganache**  
300ml thickened cream  
3 x 180g blocks white chocolate, chopped

1 Combine cherries, brandy and ½ teaspoon vanilla bean paste in a bowl. Set aside.

2 Preheat oven to 180°C/160°C fan-forced. Grease 3 x 6.5-deep, 18cm round (base) springform pans. Line bases and sides with baking paper.

3 Place butter, sugar and 300g chocolate in a large microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon every 30 seconds, for 1 to 2 minutes or until melted and smooth. Set aside for 10 minutes. Sift flours, bicarb and cocoa in a large bowl. Add egg and remaining vanilla bean paste to chocolate mixture. Whisk until smooth. Add flour mixture and milk. Whisk until combined. Pour mixture evenly between prepared pans.

4 Bake for 50 to 55 minutes or until a skewer inserted into the centre of cakes comes out clean. Stand in pans for 10 minutes. Transfer to baking paper-lined wire racks to cool completely.

5 **Meanwhile, make Whipped Chocolate Ganache** Place cream and chocolate in a microwave-safe bowl. Microwave on MEDIUM (50%), stirring with a metal spoon every 30 seconds, for 2 to 3 minutes or until smooth. Refrigerate for 2 hours or until cold and almost firm. Using an electric mixer, beat ganache for 2 to 3 minutes or until light and fluffy.

6 Using a large serrated knife, level tops of cakes. Place 1 cake on a serving plate.

Strain cherry mixture, reserving the liquid. Drizzle cake with 1 tablespoon cherry liquid. Spread with ½ the whipped cream.

Spoon over ½ the cherries. Top with 1 remaining cake. Repeat process with 1 tablespoon cherry liquid and remaining whipped cream and cherries. Top with remaining cake. Refrigerate for 1 hour or until cream is firm.

7 Spread top and side of cake with a thin layer of whipped ganache. Refrigerate for 30 minutes or until firm. Spread top and side of cake with remaining whipped ganache. Refrigerate for 1 hour or until firm.

8 Meanwhile, place remaining chocolate and extra cream in a microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon halfway through, for 1 minute or until melted and smooth. Stand for 30 minutes or until thickened. Pour chocolate mixture over cake and allow to drizzle down the side. Serve topped with maraschino cherries.

**NUTRITION:** (per serve) 5077kJ; 78.8g fat; 49.7g sat fat; 13.6g protein; 115.6g carbs; 1.7g fibre; 179mg chol; 411mg sodium. ■





# 中秋 MOON FESTIVAL

**Filled with legendary stories, the Moon Festival is one of the most important traditional Asian events of the year.**



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# TIME TO SHINE

When the brightest, fullest moon of the year lights up the night this month, tuck into these Chinese 'thanksgiving' dishes. They can easily be doubled to serve a crowd, too

## PORK, CHIVE AND SPINACH MOON DUMPLINGS

**SERVES** 4 (MAKES 24)

**PREP** 30 MINUTES **COOK** 15 MINUTES

200g pork mince

2 green onions, finely chopped

2cm piece fresh ginger, peeled, finely grated

2 tablespoons finely chopped fresh garlic chives (see notes)

25g baby spinach, finely shredded

24 gow gee wrappers

2 tablespoons peanut oil

Fresh coriander, to serve

### Sesame Soy Dipping Sauce

¼ cup light soy sauce

2 tablespoons rice wine vinegar

2 teaspoons sesame oil

1 teaspoon caster sugar

1 teaspoon chilli flakes

### 1 Make Sesame Soy Dipping Sauce

Combine all ingredients in a small bowl. Stir until sugar dissolves.

2 Combine pork, onion, ginger, chives and spinach in a bowl. Add 1½ tablespoons of dipping sauce. Stir to combine.

3 Place 1 wrapper on a flat surface. Place 1 heaped teaspoon of pork mixture into centre. Brush edge with water. Fold in half to enclose filling. Press edges to seal. Pleat. Repeat with remaining wrappers and mixture to make 24 dumplings (see notes).

4 Heat ½ the oil in a non-stick frying pan over medium-high heat. Add half the dumplings. Cook for 2 minutes or until golden. Reduce heat to medium. Add ½ cup water to pan. Cover with a lid. Cook for a further 3 minutes or until dumplings are cooked through and liquid has evaporated. Transfer to a plate. Cover with foil to keep warm. Repeat process with remaining oil, dumplings and another ½ cup water. Serve immediately with remaining dipping sauce and coriander.

**NUTRITION:** (per serve) 1423kJ;

16.9g fat; 4g sat fat; 16.3g protein; 29g carbs;

1.3g fibre; 31mg chol; 1430mg sodium.

### Cook's notes:

+ Replace with 1 crushed garlic clove and 2 tablespoons chopped chives.

+ To freeze any uncooked dumplings, place between layers of baking paper in an airtight container. Freeze for up to 1 month. Thaw in the fridge overnight.

PORK, CHIVE AND SPINACH MOON DUMPLINGS

### THE INFO

+ ASIAN  
+ KID FRIENDLY

**\$2.25**  
PER SERVE

**45**





STICKY SOY AND FIVE SPICE PORK BELLY

## THE INFO

+ ASIAN  
+ SPECIAL OCCASION

**\$4.80**  
PER SERVE

## STICKY SOY AND FIVE SPICE PORK BELLY

**SERVES 4**

**PREP 15 MINUTES COOK 45 MINUTES**

**1kg pork belly (spare) ribs, rind removed**

**½ cup shao hsing (Chinese cooking wine)**

**⅓ cup soy sauce**

**1 teaspoon Chinese five spice**

**⅓ cup char siu sauce**

**2 tablespoons lemon juice**

**2cm piece fresh ginger, peeled, finely grated**

**2 garlic cloves, crushed**

**1 tablespoon brown sugar**

**1 long red chilli, finely chopped**

**Steamed jasmine rice and fresh coriander sprigs, to serve**

**1** Preheat oven to 220°C/200°C fan-forced.

**2** Place ribs in a large saucepan. Add shao hsing and ½ each of the soy sauce and five spice. Cover with 1 litre water. Stir to

combine. Place over medium heat. Bring to a simmer. Reduce heat to low. Cook for 10 minutes. Remove from heat. Stand for 5 minutes. Drain. Discard poaching liquid.

**3** Meanwhile, place char siu sauce, lemon juice, ginger, garlic, brown sugar, chilli and remaining soy sauce and five spice in a jug. Stir well to combine. Reserve ¼ cup char siu mixture.

**4** Place a greased wire rack in a large roasting pan lined with baking paper. Transfer ribs to wire rack. Brush with half of the remaining char siu mixture. Roast, basting with the remaining mixture halfway through, for 25 to 30 minutes or until ribs are golden and tender. Cut ribs in half. Drizzle with reserved char siu mixture.

**5** Serve ribs with steamed jasmine rice and sprinkle with fresh coriander sprigs.

**NUTRITION:** (per serve) 2917kJ 30.2g fat; 9.6g sat fat; 29.5g protein; 66.6g carbs; 2.1g fibre; 100mg chol; 2004mg sodium.

## PROSPERITY SALAD

**SERVES 4**

**PREP 25 MINUTES COOK 5 MINUTES**

**Vegetable oil, for deep-frying**

**8 wonton wrappers, cut into 1cm strips**

**1 telegraph cucumber, halved, seeded, cut into long thin strips**

**1 carrot, cut into long thin strips**

**1 small red capsicum, cut into matchsticks**

**2 cups finely shredded iceberg lettuce**

**2 radishes, thinly sliced**

**3 green onions, thinly sliced diagonally**

**¼ cup thinly sliced pickled ginger**

**1 pomelo, cut into segments**

**250g thinly sliced sashimi salmon (see notes)**

**2 tablespoons sesame seeds, toasted**

**⅓ cup finely chopped roasted peanuts**

### Plum Dressing

**⅓ cup plum sauce**

**2 tablespoons soy sauce**

**1 tablespoon rice wine vinegar**

**1 tablespoon Yeo's Pure Sesame Oil**

**½ teaspoon Chinese five spice**

**1** Heat oil in a saucepan over medium-high heat. Deep-fry wonton strips, in batches, for 30 seconds or until golden and crisp. Transfer to paper towel to drain.

**2** Arrange cucumber, carrot, capsicum, lettuce, radish, onion, ginger, pomelo, salmon and fried wonton strips on a platter. Sprinkle with sesame seeds and peanuts.

**3 Make Plum Dressing** Place plum and soy sauces, vinegar, sesame oil and five spice in a bowl. Add 2 tablespoons warm water. Whisk to combine. Pour over salad (see notes). Serve.

**NUTRITION:** (per serve) 2024kJ 26.5g fat; 4.3g sat fat; 22.3g protein; 38.1g carbs; 5.7g fibre; 42mg chol; 1039mg sodium. >

## Cook's notes:

+ Some supermarket sushi counters sell sashimi or find it at your fishmonger.

+ Traditionally, each person tosses the salad with chopsticks while declaring good wishes for the year.

## SFI recommends:

Yeo's Pure Sesame Oil is versatile, has a great nutty taste and aroma, and adds an authentic flavour to all your Asian dishes.







PROSPERITY  
SALAD

THE INFO

+ ASIAN  
+ HIGH FIBRE

\$4.95  
PER SERVE

30



## BANG BANG CHICKEN AND NOODLES

**SERVES 4**

**PREP** 30 MINUTES (PLUS COOLING)

**COOK** 15 MINUTES

500g chicken breast fillets

3cm piece fresh ginger, peeled, chopped

2 tablespoons soy sauce

200g dried thin rice noodles

1 Lebanese cucumber, seeded, cut into long thin strips

1 carrot, cut into long thin strips

1 small red capsicum, cut into matchsticks

3 green onions, thinly sliced diagonally

1 cup bean sprouts

1 tablespoon sesame seeds, toasted

### Sichuan Dressing

1 teaspoon sichuan peppercorns

2 tablespoons soy sauce

2 tablespoons rice wine vinegar

1 tablespoon caster sugar

1 long red chilli, finely chopped

1 Place chicken, ginger and soy sauce in a medium saucepan. Cover with 3 cups water. Place over medium heat. Bring to a simmer. Reduce heat to low. Cook for 10 minutes or until cooked through. Cool.

### 2 Meanwhile, make Sichuan Dressing

Place peppercorns in a small saucepan over high heat. Cook, stirring, for 1 minute or until fragrant. Using a rolling pin or mortar and pestle, crush peppercorns lightly. Place peppercorns in a jug. Add soy sauce, vinegar, sugar and chilli. Stir until sugar dissolves.

3 Using a slotted spoon, transfer chicken to a large chopping board, reserving 2 tablespoons of the cooking liquid. Using a rolling pin, pound the chicken, then shred into pieces. Place chicken and reserved cooking liquid in a large bowl.

4 Place noodles in a large heatproof bowl. Cover with boiling water. Stand for 5 minutes or until tender. Drain. Add chicken, cucumber, carrot, capsicum, onion, sprouts and dressing to noodles. Toss to combine. Transfer to a serving bowl. Serve sprinkled with sesame seeds.

**NUTRITION:** (per serve) 1648kJ 3.5g fat;

1g sat fat; 34.9g protein; 52.5g carbs;

5.5g fibre; 81mg chol; 1560mg sodium. ■

**BANG BANG CHICKEN AND NOODLES**

### THE INFO

+ ASIAN  
+ LOW KILOJOULE  
+ LOW FAT  
+ LOW SATURATED FAT

**\$3.10**  
PER SERVE



*You can find sichuan peppercorns in the Asian aisle of large supermarkets or in speciality Asian stores.*



... is Mi Goreng



flavour, favoured by the world





# Dinner's ready.



Cook authentic Asian meals in minutes.  
Find Lee Kum Kee Ready Sauce pouches in the Asian food aisle  
of supermarkets and at leading Asian grocery stores.



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## Menu

### DRINKS

Colour-changing Drink

### SAVOURIES

Hey Presto Pies

Hocus Pocus

Sausage Rolls

Magic Dice

Sandwiches

### SWEETS

Magic Wand Bar

Card Trick Cookies

Pull a Rabbit Out of a Hat Cake

PULL A RABBIT  
OUT OF A HAT CAKE

## THE INFO

**\$1.07**  
PER SERVE

# BAG OF TRICKS



**Amira says:** Planning your little magician's themed birthday bash is as easy as saying 'abra-kid-abra' with our mesmerising morsels and sweet surprises





## HEY PRESTO PIES

### THE INFO

**\$0.69**  
EACH

## HOCUS POCUS SAUSAGE ROLLS

### THE INFO

**\$0.51**  
EACH

45



## Time plan

### 1 DAY AHEAD

- Make Hey Presto Pies to the end of step 2. Store in an airtight container in the fridge.
- Make step 2 of Hocus Pocus Sausage Rolls. Store in an airtight container in the fridge.
- Make Licorice Sparkle Wands. Store in an airtight container.
- Make Card Trick Cookies. Store in an airtight container.

- Make Pull a Rabbit Out of a Hat Cake to the end of Step 3. Store in airtight containers.
- Make step 1 of Colour-changing Drink.

### 4 HOURS BEFORE GUESTS ARRIVE

- Complete Pull a Rabbit Out of a Hat Cake.

### 30-MINUTES BEFORE GUESTS ARRIVE

- Complete Hey Presto Pies.

- Complete Hocus Pocus Sausage Rolls.

- Make Fruit Salad Wands.
- Make Fairy Bread Wands.
- Set up Wand Bar.
- Make Magic Dice Sandwiches.

### JUST BEFORE SERVING

- Complete Colour-changing Drink.





COLOUR-CHANGING  
DRINK

### THE INFO

**\$0.38**  
PER SERVE



HOCUS POCUS  
SAUSAGE  
ROLLS

HEY PRESTO  
PIES

### HEY PRESTO PIES

### THE INFO

**\$0.69**  
EACH

HOCUS POCUS  
SAUSAGE ROLLS

### THE INFO

**\$0.51**  
EACH

45

### COLOUR-CHANGING DRINK

**SERVES 8**

**PREP 10 MINUTES**

(PLUS 4 HOURS FREEZING)

*YOU NEED TO START THIS RECIPE  
THE DAY BEFORE SERVING. YOU'LL  
NEED FOUR 12-HOLE (1 TABLESPOON-  
CAPACITY) ICE CUBE TRAYS.*

**½ cup lime coola cordial**

**½ cup raspberry cordial**

**½ cup tropical cordial**

**3 litres chilled sparkling  
mineral water**

**1** Divide lime coola, raspberry and tropical cordials evenly among four 12-hole (1 tablespoon-capacity) ice cube trays, keeping flavours separate, until each hole is ¾ full. Carefully add enough sparkling mineral water to fill each hole (you'll need about 3 cups). Freeze overnight or until firm.  
**2** Place 2 ice cubes of each colour into 8 serving glasses. Top up with remaining mineral water. Serve immediately.

### HEY PRESTO PIES

**MAKES 16**

**PREP 20 MINUTES (PLUS COOLING)**

**COOK 45 MINUTES**

**2 teaspoons vegetable oil**

**1 eschalot, finely chopped**

**1 garlic clove, crushed**

**500g beef mince**

**2 tablespoons salt-reduced tomato paste**

**1 tablespoon plain flour**

**1 cup salt-reduced beef stock**

**1 teaspoon Vegemite**

**1 tablespoon chopped fresh flat-leaf  
parsley leaves**

**½ cup frozen peas**

**4 sheets frozen shortcrust pastry,  
partially thawed**

**1 egg, lightly beaten**

**1 teaspoon poppyseeds**

**Salt-reduced tomato sauce, to serve**

**1** Heat oil in a medium frying pan over medium-high heat. Add eschalot. Cook, stirring, for 3 minutes or until starting to brown. Add garlic. Cook for 30 seconds or until fragrant. Add mince. Cook, breaking up lumps with





a wooden spoon, for 6 minutes or until browned.

**2** Add tomato paste and flour. Cook, stirring for 1 minute. Add stock and Vegemite. Bring to a simmer. Reduce heat to medium-low. Cook, stirring occasionally, for 5 minutes or until mixture has thickened. Remove from heat. Cool for 15 minutes. Stir in parsley and peas.

**3** Preheat oven to 200°C/180°C fan-forced. Grease 16 holes of two 12-hole ( $\frac{1}{3}$ -cup-capacity) muffin pans.

**4** Using a 10.5cm round cutter, cut 16 circles from 3 sheets of pastry. Use pastry rounds to line base and side of prepared holes. Fill with mince mixture. Using a 5.5cm round cutter, cut 16 circles from remaining pastry sheet. Top mince with rounds. Tuck overhanging edges of pastry over tops to seal. Brush with egg. Sprinkle with poppyseeds.

**5** Bake for 25 minutes or until pastry is golden and cooked through. Stand for 2 minutes. Serve with tomato sauce.

**NUTRITION:** (each) 1088kJ; 13g fat; 5.5g sat fat; 10.4g protein; 24.7g carbs; 1.1g fibre; 40mg chol; 407mg sodium.

### HOCUS POCUS SAUSAGE ROLLS

**MAKES 16**

**PREP 15 MINUTES (PLUS STANDING)**

**COOK 25 MINUTES**

**250g chicken mince**

**$\frac{1}{3}$  cup packaged breadcrumbs**

**3 green onions, finely chopped**

**1 small carrot, grated**

**310g can corn kernels, drained**

**2 eggs, lightly beaten**

**2 sheets frozen puff pastry, partially thawed**

**1 teaspoon sesame seeds**

**Salt-reduced tomato sauce, to serve**

**1** Preheat oven to 200°C/180°C fan-forced. Line 2 large baking trays with baking paper.

**2** Using your hands, combine chicken mince, breadcrumbs, onion, carrot, corn and  $\frac{1}{2}$  of the egg in a large bowl. Season with salt and pepper.

**3** Cut 1 pastry sheet in half to make 2 rectangles. Place  $\frac{1}{4}$  of chicken mixture along 1 long edge of each rectangle. Roll up to enclose filling. Repeat with remaining pastry and chicken mixture.

Cut sausage rolls into 4 pieces. Place, seam-side down, on prepared trays. Brush sausage rolls with remaining egg. Sprinkle with sesame seeds.

**4** Bake for 25 minutes or until filling is cooked and pastry is golden and puffed. Cool for 5 minutes. Serve with tomato sauce.

**NUTRITION:** (each) 581kJ; 5.2g fat; 2.1g sat fat; 6.2g protein; 16.4g carbs; 1g fibre; 37mg chol; 210mg sodium.

### MAGIC DICE SANDWICHES

**MAKES 16**

**PREP 15 MINUTES**

**32 slices thick white bread**

**80g cream cheese, softened**

**1 small carrot, grated**

**2 teaspoons butter, softened**

**2 teaspoons Vegemite**

**$\frac{1}{4}$  cup beetroot and fresh dill dip**

**$\frac{1}{4}$  cup guacamole dip**

**1** Cut crusts from bread. Trim each bread slice to form 9cm squares. Using the picture as a guide and a 2.5cm round cutter, cut holes from  $\frac{1}{2}$  the bread slices to resemble dice numbers.

**2** Combine cream cheese and  $\frac{1}{4}$  of the carrot in a small bowl. Season with salt and pepper. Spread half the cream cheese mixture over 4 whole bread slices. Top with remaining carrot. Spread the remaining mixture over 4 of the dice bread slices. Sandwich together.

**3** Spread butter and Vegemite over 4 remaining whole bread slices. Spread beetroot dip over another 4 remaining whole bread slices and guacamole dip over remaining 4 whole bread slices. Sandwich with remaining dice bread slices. Serve immediately. ➤





**BUNNY  
TAILS**

**SHIMMER  
POWDER**

**DISAPPEARING  
DUST**

**POPPING  
ROCKS**

**MAKE YOUR OWN  
MAGIC WAND  
BAR**



MAGIC WAND BAR

THE INFO

25





## MAGIC WAND BAR

### THE INFO

25



## MAGIC WAND BAR

**MAKES** 24

**PREP** 20 MINUTES

**COOK** 5 MINUTES

*YOU'LL NEED 16 SMALL BAMBOO SKEWERS PLUS EXTRA TO 'MAKE YOUR OWN'*

**375g milk chocolate melts**

(see Amira's tips)

**Assorted lollies, sprinkles and popping candy, to serve**

**Licorice Sparkle Wands**

**100g white chocolate melts**

**8 long licorice twists (see Amira's tips)**

**Gold glitter sparkle sugar**  
(see Amira's tips)

**Fruit Salad Wands**

**3 large kiwifruit**

**¼ seedless watermelon**

**½ rockmelon**

**½ honeydew melon**

**Fairy Bread Wands**

**6 slices thick white bread**

**40g butter, softened**

**½ cup hundreds and thousands**

**1 Make Licorice Sparkle Wands** Place white chocolate into a microwave-safe mug. Microwave on MEDIUM-HIGH (75%), stirring with a metal spoon halfway through, for 1 to 2 minutes or until melted and smooth. Stand for 2 minutes. Using 1 licorice twist at a time, dip 1 end into white chocolate to come 1.5cm up side. Stand for 30 seconds. Dip into sparkle sugar. Stand in a tall glass, chocolate-end up, for 10 minutes to set.

**2 Make Fruit Salad Wands** Trim ends from kiwifruit. Slice each kiwifruit into 3 thick rounds (you need 8 rounds in total). Using a 4cm star-shaped cutter, cut a star from each round. Using a melon baller, scoop 8 balls from each melon. Thread 1 kiwi star and 3 melon balls onto 8 skewers.

**3 Make Fairy Bread Wands** Using star cutter, cut 3 stars from each slice of bread (you need 16 stars in total). Spread 1 side of stars with butter. Place hundreds and thousands on a plate. Press stars, buttered-side down, in hundreds and thousands to coat. Thread 2 stars onto 8 skewers.

**4** Place milk chocolate in a microwave-safe bowl. Microwave on MEDIUM-HIGH (75%), stirring with a metal spoon every 30 seconds, for 2 to 3 minutes or until melted and smooth. Transfer to a bowl.

**5** Serve wands, melted chocolate, assorted lollies, sprinkles, popping candy and extra bamboo skewers for kids to make their own wands at the Wand Bar.

## Amira says:

+ If you're using a chocolate fountain, as pictured, melt chocolate melts following the manufacturer's instructions.

+ We used licorice from a lolly shop. Choose firm licorice twists so they can stand up in serving glasses.

+ We used Queen Glitter Sparkle Sugar from the cake decorating aisle of the supermarket. Similar glitter sugars are available from specialist cake decorating shops and online suppliers.



CARD TRICK  
COOKIES

## THE INFO

\$0.54  
EACH

## CARD TRICK COOKIES

MAKES 16

PREP 50 MINUTES (PLUS REFRIGERATION,  
FREEZING AND COOLING)

COOK 25 MINUTES

200g butter, softened

1 cup caster sugar

2 teaspoons vanilla extract

1 egg, lightly beaten

2¾ cups plain flour, sifted,

plus extra for dusting

½ cup rainbow choc chips (see notes)

Red and black writing icing

Royal Icing

2 egg whites

3 cups pure icing sugar, sifted

1 Using an electric mixer, beat butter, sugar and vanilla until light and fluffy. Add egg. Beat to combine. Add flour. Stir to combine. Turn dough onto a lightly floured surface. Knead for 30 seconds until smooth. Shape ⅓ of the dough into a disc. Wrap in plastic wrap. Shape

remaining dough into a disc. Wrap in plastic wrap. Refrigerate for 45 minutes.

2 Preheat oven to 180°C/160°C fan-forced. Grease and line 2 large baking trays with baking paper.

3 Using a rolling pin, roll out the large portion of dough between 2 sheets of baking paper until 3mm thick. Cut 32, 4cm x 7.5cm rectangles from dough, re-rolling and cutting trimmings. Place rectangles 3cm apart on prepared trays. Freeze on trays for 10 minutes. Bake for 10 to 12 minutes or until just firm but not browned. Stand on trays for 2 minutes. Carefully transfer to a wire rack to cool completely.

4 Roll remaining portion of dough between 2 sheets of baking paper until 5mm thick. Cut 16, 4cm x 7.5cm rectangles from dough, re-rolling trimmings if needed. Place rectangles 3cm apart on tray. Freeze on tray for 10 minutes. Cut a 3cm x 6.5cm rectangle from the centre of each rectangle. Discard centres. Freeze

tray for 10 minutes. Bake for 8 to 9 minutes or until just firm. Stand for 2 minutes. Transfer to wire rack to cool completely.

**5 Make Royal Icing** Place egg whites in a bowl. Whisk with a fork until foamy. Gradually add icing sugar, whisking until mixture becomes thick and spreadable.

**6** Spoon icing into a small snaplock bag. Snip off 1 corner. Pipe a line around outside edge of half the whole biscuits. Top each with a cut-out biscuit, pressing to secure. Fill each cut-out with enough choc chips to sit level with the top biscuit. Pipe a line around the outside edge.

Top with remaining whole biscuits to enclose filling, pressing to secure.

**7** Using the picture as a guide, and working with 1 biscuit stack at a time, pipe a rectangular icing outline onto the top of biscuit. Pipe icing inside the outline and spread with a small spatula to make level (see notes). Using writing icing, pipe numbers, letters, diamonds, hearts, spades and clubs onto biscuits. Stand for 20 minutes or until set. Serve.

NUTRITION: (each) 1446kJ; 11.5g fat; 7.7g sat fat; 3.6g protein; 56.7g carbs; 1.1g fibre; 29mg chol; 104mg sodium. ➤

## Cook's notes:

+ You could also use M&M's Minis.

+ Piping the icing onto the biscuits gives a thicker covering and a smooth result. It's also easier than spreading it straight onto the biscuits with a spatula.





PULL A RABBIT  
OUT OF A HAT CAKE

## THE INFO

**\$1.07**  
PER SERVE



## PULL A RABBIT OUT OF A HAT CAKE

**SERVES** 24

**PREP** 1 HOUR (PLUS COOLING)

**COOK** 40 MINUTES

*YOU'LL NEED A 30CM SERVING PLATE OR CAKE BOARD.*

4 x 340g packets golden buttercake mix

Black gel food colouring (see notes)

½ cup black cherry and vanilla jam, strained

3 x 80g packets gold-foiled chocolate coins

Thick silver ribbon and bunny ears (see notes), to decorate

### Buttercream Icing

375g unsalted butter, softened

2½ cups icing sugar mixture

1½ tablespoons milk

Black gel food colouring

**1** Preheat oven to 180°C/160°C fan-forced. Grease three 7cm-deep, 18cm round cake pans and one 6.5cm-deep, 25cm round cake pan. Line bases and sides with 2 layers of baking paper.

**2** Prepare cake mixes following packet directions. Transfer half the cake batter to a large bowl. Using food colouring, tint 1 portion black. Stir until well combined. Drop ¼ cupfuls of batter into prepared pans, alternating colours. Run a butter knife through mixtures to create a marbled effect.

**3** Bake cakes for 40 minutes or until a skewer inserted into the centre of cakes comes out clean. Stand in pans for 5 minutes. Turn, top-side up, onto baking paper-lined wire racks. Cool completely.

**4 Make Buttercream Icing** Using an electric mixer, beat butter for 8 to 10 minutes or until light and fluffy. Gradually add icing sugar, beating until well combined. Add milk. Beat until combined. Using food colouring, tint buttercream black.

**5** Using a serrated knife, level the top of each cake. Using a 7cm round cutter, cut a circle out of the centre of 2 of the small cakes. Remove and discard centres.

Place remaining whole small cake on the centre of serving plate or cake board. Spread top of cake with ⅓ of the jam. Top with 1 small cut cake. Spread with ½ of the remaining jam. Top with remaining cut cake. Spread top with remaining jam. Fill centre of cake with chocolate coins.

**6** Spread buttercream evenly around side of cake stack. Spread top and side of large cake with buttercream. Carefully place large cake on top of stacked cakes. Spread remaining buttercream underneath the brim of the hat. Using the picture as a guide, secure ribbon underneath the brim of the cake to form a band. Push bunny ears into the centre of the top cake. Serve.

**NUTRITION:** (per serve) 2062kJ; 25.2g fat; 13.5g sat fat; 5.7g protein; 61.6g carbs; 0.5g fibre; 83mg chol; 346mg sodium. ■

### Cook's notes:

+ You'll need 2 x 28.35g pots of black gel food colouring for this recipe.

+ We trimmed the ends from a rabbit ears headband and left the ears attached to the middle section.





# CUTE AS!



**Emma says:** The 'stakes' are high when you trick and treat the kids this Halloween with these ice-creams that they'll love to sink their fangs into

## DRACULA'S FANGS ICE-CREAM SANDWICHES

**MAKES 12**

**PREP 50 MINUTES (PLUS FREEZING)**

1 litre mint chocolate chip ice-cream  
75g unsalted butter, softened  
 $\frac{3}{4}$  cup icing sugar mixture  
2 teaspoons milk  
Red gel food colouring  
8 milk bottle lollies  
24 choc ripple biscuits  
1 cup (50g) mini white marshmallows  
(see Emma's tip)

1 Grease an 18cm x 28cm (base) slice pan. Line base and sides with baking paper, extending paper 4cm above edges of pan.

2 Place ice-cream in a large bowl. Set aside for 10 minutes to soften (ice-cream shouldn't be melted). Spoon into prepared pan. Level top with the back of a spoon (see Emma's tip). Cover surface with plastic wrap. Freeze for 6 hours or overnight.

3 Using baking paper, lift ice-cream out of pan and place on a board. Using a 3.5cm round cookie cutter, cut 12 rounds from ice-cream. Discard remaining ice-cream. Place rounds on a baking paper-lined tray. Return to freezer.

4 Meanwhile, using an electric mixer, beat butter for 8 minutes or until light and fluffy. Gradually beat in icing sugar until combined. Add milk. Beat to combine. Using food colouring, tint icing red.

5 Trim tops from milk bottles. Cut milk bottles lengthways into 3 pieces. Trim 1 end of each piece into a point to form 'fangs'. Spread the flat side of each biscuit with icing.

6 Working quickly and using the picture as a guide, place 1 ice-cream round onto the centre of 1 iced biscuit. Position marshmallows and 2 'fangs', pointed-end up, along the edge, pushing into icing to secure. Sandwich with another biscuit, icing-side down, allowing fangs to sit over the edge of biscuit. Turn biscuit over and place on a baking paper-lined tray. Return to freezer. Repeat with remaining biscuits, ice-cream, marshmallows and 'fangs'. Serve immediately or freeze until required. ■

### Emma says:

+ You'll need about 120 mini marshmallows for this recipe.

+ Ice-cream should be 2cm deep in pan.





DRACULA'S FANGS  
ICE-CREAM  
SANDWICHES

THE INFO

+ KID FRIENDLY

\$0.63  
EACH





# CAKE TIME!



**Emma says:** Far from a scary creature that goes bump in the night, this little monster will put a smile on your kids' faces!



## LITTLE MONSTER CAKE

**SERVES** 40

**PREP** 2 HOURS (PLUS COOLING AND REFRIGERATION)

**COOK** 1 HOUR 35 MINUTES

*YOU'LL NEED A 25CM ROUND SERVING PLATE AND 'GRASS' PIPING NOZZLE.*

4 x 440g packets golden butter cake mix  
(with icing sachet)

85g packet lime jelly crystals

4 large vanilla marshmallow puffs

5 blue lollipops

3 pink Lifesavers fruit tingles

3 green and white swirly lollipops

9 candy eyeballs (see Emma's tips)

1 white lollipop

10 milk bottle lollies

4cm piece strawberry sour strap

12cm piece licorice strap

### Buttercream Icing

500g unsalted butter, softened

3¼ cups icing sugar mixture

(see Emma's tips)

2 tablespoons milk

Green and blue food colouring gel

**1** Preheat oven to 180°C/160°C fan-forced. Grease an 8 cup-capacity metal pudding steamer and three 6.5cm-deep, 18cm round (base) springform cake pans. Line the base of the pudding steamer with baking paper. Line base and sides of round cake pans with baking paper.

**2** Reserve icing sachets from cake mixes. Prepare 3 cake mixes, following packet directions. Pour mixture evenly among prepared round pans. Bake for 45 minutes or until a skewer inserted into the centre of cakes comes out clean. Stand cakes in pans for 10 minutes. Turn, top-side up, onto wire racks lined with baking paper. Repeat process with remaining cake mix and prepared pudding steamer. Bake for 50 minutes or until a skewer inserted into the centre of cake comes out clean. Cool cakes completely.

**3** Make jelly following packet directions. Refrigerate for 4 hours or until jelly is set.

**4 Make Buttercream Icing** Using an electric mixer, beat butter for 8 to 10 minutes or until light and fluffy. Gradually add reserved icing sachets and icing sugar, beating until well combined (see Emma's tips). Add milk. Beat until combined. Reserve 2 tablespoons to leave plain. Spoon ¼ of the remaining buttercream into a bowl. Tint green with food colouring gel. Tint remaining icing blue with food colouring gel.

**5** Trim peaks from 2 marshmallows. Discard. Press 1 blue lollipop through the centre of uncut side of marshmallow. Repeat with 1 remaining blue lollipop and cut marshmallow. Using a little plain buttercream, attach 1 fruit tingle to centre of each green lollipop. Hold to secure. Using the picture as a guide and a little plain buttercream, attach candy eyeballs to fruit

tingles, and white and blue lollipops to form eyes. Hold to secure.

**6** Using a serrated knife, level tops of 18cm cakes, if necessary. Cut a 9cm round from centre of two 18cm cakes. Discard centres. Place whole cake on a serving plate. Spread top with a little green buttercream. Top with 1 cut cake. Spread top with a little green buttercream. Top with remaining cut cake. Spread top with a little green buttercream. Using a spoon, break jelly up into small pieces. Spoon into centre of cake. Trim base of pudding-shaped cake to sit flat. Place pudding-shaped cake, cut-side down, on top of cake. Cover cake with a thin layer of blue icing. Spoon remaining blue icing into a piping bag fitted with a 'grass' nozzle. Pipe long strands of icing all over cake to form hair. Spoon remaining green icing into a clean piping bag fitted with a 'grass' nozzle. Pipe long strands of icing onto cake to form small patches of hair.

**7** Trim milk bottles to form teeth. Trim sour strap to form a tongue. Cut 8cm from licorice strap. Position 8cm piece on cake to form top row of mouth. Position 4cm piece on cake to form bottom row of mouth. Using a little plain buttercream, attach teeth and tongue to mouth. Insert marshmallow eyes into cake. Insert lollipop eyes into cake. Press remaining marshmallows onto sides of monster to form ears. Serve immediately or refrigerate until required. ■

LITTLE MONSTER  
CAKE

## THE INFO

+ SPECIAL  
OCCASION

### Emma says:

+ You can find candy eyeballs in the cake decorating aisle of supermarkets.

+ If using a mix without an icing sachet, you'll need an extra 2¼ cups of icing sugar mixture.







UPSIDE-DOWN  
BANANA-MAPLE  
CUSTARD CAKE

THE INFO

\$1.23  
PER SERVE



# WINTER DESSERTS *winner!*

After scouring through lots of amazing entries for the Best Winter Desserts competition, sponsored by Pauls Custard, we finally have our winners

## UPSIDE-DOWN BANANA-MAPLE CUSTARD CAKE

**SERVES** 10

**PREP** 25 MINUTES (PLUS STANDING)

**COOK** 1 HOUR

**1** ripe banana, mashed  
**1/3** cup coconut oil, melted  
**2** eggs, lightly beaten  
**1/2** cup thick vanilla custard  
**1/4** cup caster sugar  
**1/4** cup maple syrup  
**2** teaspoons baking powder  
**1/2** teaspoon salt  
**1 1/4** cups plain flour  
**Extra 2 cups vanilla custard, to serve**

### Upside-down Topping

**80g** butter, chopped  
**1/4** cup brown sugar  
**1/4** cup maple syrup  
**3** bananas, sliced

- 1** Preheat oven to 170°C/150°C fan-forced. Grease a 6cm-deep, 22cm round cake pan. Line base and side with baking paper.
  - 2** **Make Upside-down Topping** Melt butter, sugar and maple syrup together in a saucepan over medium heat. Pour over the base of prepared pan. Arrange banana slices over the butter mixture.
  - 3** Combine banana, oil, egg, custard, sugar and maple syrup in a bowl. Stir in baking powder, salt and flour until well combined. Spoon over bananas in pan, spreading gently to cover.
  - 4** Bake for 50 minutes to 1 hour or until cake is firm to touch and caramel mixture bubbles around side of pan. Stand for 10 to 15 minutes. Turn onto a serving plate with sides to catch sauce. Serve with extra custard.
- NUTRITION:** (per serve) 1680kJ; 18.1g fat; 13g sat fat; 6.7g protein; 53.7g carbs; 1.6g fibre; 55mg chol; 386mg sodium.

## Winner's bio

### NAME:

Cheryl Cameron

### PROFILE NAME:

cheza68

### THEME:

Winter Desserts

### RECIPE:

Upside-down Banana-maple Custard Cake

**WHAT INSPIRED THIS RECIPE?** "As I was born and raised in Canada, I have maple syrup running through my veins! This dessert was born after a play around in the kitchen."

**WHEN DO YOU COOK THIS DESSERT?** "I like to make this cake as a special treat for my husband and two boys – or whenever I have over-ripe bananas that need to be used up."





## CHOCOLATE, BUTTERSCOTCH AND RASPBERRY SELF-SAUCING PUDDING

**SERVES 6**

**PREP 15 MINUTES COOK 50 MINUTES**

½ cup brown sugar  
1½ cups chocolate custard  
1 tablespoon Dutch-processed cocoa powder  
125g fresh raspberries and 6 small scoops vanilla ice-cream, to serve

### Sponge

1 cup plain flour  
2 teaspoons baking powder  
2 tablespoons Dutch-processed cocoa powder  
2 tablespoons caster sugar  
80g butter, melted  
½ cup milk  
1 egg, lightly beaten  
⅔ cup frozen raspberries

**1** Preheat oven to 180C°/160C° fan-forced.

**2 Make Sponge** Sift flour, baking powder, cocoa and caster sugar into a greased 5cm-deep, 25cm round baking dish. Stir well. Combine butter, milk and egg in a bowl. Whisk into flour mixture until mixture forms a batter. Push raspberries into batter.

**3** Place brown sugar, chocolate custard and 1 cup water in a small saucepan. Stir constantly over medium heat until mixture just comes to a simmer (do not boil). Carefully pour over batter.

**4** Bake for 40 to 50 minutes or until the top of the pudding is just firm to touch and the sauce is bubbling around the edge. Stand for 5 to 10 minutes. Dust with cocoa and serve with raspberries and ice-cream.

**NUTRITION:** (per serve) 2133kJ; 21.5g fat; 13.6g sat fat; 10.4g protein; 66.9g carbs; 3.8g fibre; 71mg chol; 411mg sodium.

## Winner's bio

**NAME:**

Tania Cusack

**PROFILE NAME:**

MyKitchenStories

**THEME:**

Winter Desserts,  
Best Use of Custard

**RECIPE:**

Chocolate, Butterscotch and Raspberry Self-saucing Pudding

**WHAT INSPIRED THIS RECIPE?** "I wanted to whip up a quick warm dessert in one pot, using custard I had in the fridge."

**WHEN DO YOU LIKE TO COOK THIS RECIPE?**

"I have made this pudding many times for family and dinner guests, but this time I wanted to include chocolate custard and caramel without it being too sweet." ■



*Using the chocolate custard in the sauce made this self-saucing pudding extra rich and thick.*

CHOCOLATE,  
BUTTERSCOTCH  
AND RASPBERRY  
SELF-SAUCING  
PUDDING

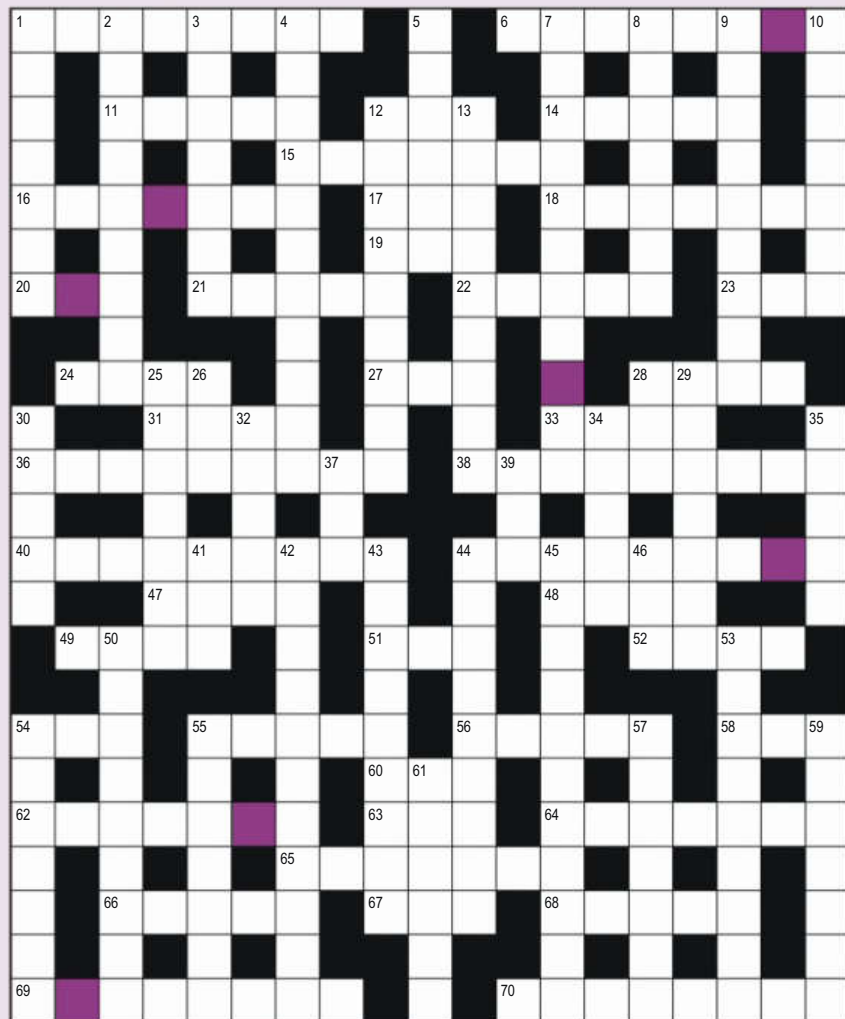
## THE INFO

**\$1.66**  
PER SERVE



# PUZZLES

**CROSSWORD** WHEN THE CROSSWORD IS COMPLETE, THE COLOURED BOXES SPELL OUT A MYSTERY WORD.



## ACROSS

- 1 Wanders aimlessly
- 6 Blueprint alteration
- 11 Reduce to powder
- 12 Sink in middle
- 14 Neckwear item
- 15 Pry
- 16 Published recollections
- 17 Sprinted
- 18 Louder
- 19 Cleopatra's killer
- 20 Member of religious order
- 21 Jelly-eating implement
- 22 Cooking or salad oil
- 23 Tiny muscular contraction
- 24 Utilises
- 27 London's theatre region, West ...
- 28 Helicopter landing areas
- 31 Bring up (kids)
- 33 Non-fat (meat)
- 36 Favourably influences
- 38 Anti-republicans
- 40 Failed
- 44 Pre-birth
- 47 Medicine portion
- 48 Rework (text)
- 49 Cost increase
- 51 Crescent
- 52 Top
- 54 Meadow (poetic)
- 55 Large violin
- 56 Frostier
- 58 Add soundtrack
- 60 Negative adverb
- 62 Glummost
- 63 Copy
- 64 Compulsive pill-poppers
- 65 Unlawful
- 66 Housey-housey game
- 67 Perched
- 68 Ninny
- 69 Steepest
- 70 Charges (with duty)

## DOWN

- 1 Postal workers
- 2 Disputes
- 3 Milk-processing factories
- 4 Finds anew
- 5 Coronets
- 7 Necessarily
- 8 Study closely
- 9 Imposed (suffering)
- 10 Of numbers
- 12 Outsiders
- 13 Explosive
- 25 Running chores
- 26 Observe
- 28 Buddy
- 29 Having life
- 30 Short time
- 32 Fools
- 34 Alleviated
- 35 'The Lord Is My Shepherd' is one
- 37 Ram's mate
- 39 Personal (style)
- 41 Female deer
- 42 Nationwide uprisings
- 43 Slanting lines
- 44 Building designer
- 45 Discontinuation
- 46 Small bite
- 50 Unable to be heard
- 53 Renounces throne
- 54 Renters
- 55 Less dirty
- 57 More flushed-looking
- 59 Confers (on)
- 61 Heroin or morphine

## SOLUTION:

## SUDOKU

Every number from 1 to 9 must appear in a square in every row, column and 3x3 box.



## SEPTEMBER ISSUE'S SOLUTIONS

Issue 173, Sudoku (below left)  
Issue 173, Crossword (below right):  
Macaroni



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